

# Make your new year resolutions stick

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We know that most people make New Year's resolutions, which are often the same as the previous year's, e.g. eating healthy or saving money. These often become a challenge to see through, as the year progresses. January, February pass and by March you are only keeping up with one if any. You start to get that feeling when you can no longer get out of bed for your morning run, and you start knocking off later from work to avoid the afternoon run.



You are more likely to attain your resolutions if you have a plan, a *smart* one. Your plan should be specific, measurable, achievable, relevant and have a time frame. You need to be specific about what you want to achieve and determine how you will measure your progress and milestones along the way.

The Covid-19 pandemic has, without a doubt, disrupted resolutions that many had for the year 2020. If you have not yet reflected, why not reflect on your previous resolutions? Write down what you were able to achieve during 2020 and what you could not. Decide if you want to change your plan, given the new normal.

Here are some hacks that may assist with attaining your goals for the year 2021.

## Have a motivation

There is always a reason behind a goal or a vision, e.g. a student wakes up every morning to attend class to graduate, get a qualification and earn a living. It will help if you have a clear picture of why you want to attain your resolutions in 2021.

## Be realistic

You are more likely to attain your resolutions if they are realistic. If they are nowhere near possible to achieve, you set yourself up for failure and disappointment as the year progresses.

### Have a vision board

Humans are visual beings. Create a vision board with your resolutions and put them up where you can see them every day. A vision board is a creative visual representation of your aspirations, goals and desires – both current and future. The vision board will be a constant reminder of where you are headed.

### Be flexible

2020 has taught us that we must always be ready for change and adapt to situations. Be prepared and agile enough to adapt to any curve balls that may come your way. Adapt, rather than put your goals on hold.

### Be emotionally ready

We live in a world full of possibilities, uncertainty and, at times, disappointments. You need to have room for disappointments. It is important to remember self and not be too hard on yourself. Start your new year resolutions journey with an open mind. Understand that your plan may not roll out as envisaged.

### Celebrate your milestones

Celebrate achievements, no matter how big or small. Putting a plan together is one thing but seeing it through to the end is a big deal. The results that you achieve are testimony that you can achieve anything you put your mind to.

When setting your goals, it is essential to ensure that you start with self and with your desired future, in mind. The goal is not to fit society's expectations of you but to carve out your future.

IIE Rosebank College wishes you the best for the year ahead and beyond.

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