

Don't be the Average New Year's Resolutioner!

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Happy New Year from your FNTG Elite Escrow Coaching Team!

Being that it's the first month of the new year, this month's article is going to cover ***New Year's Resolutions!***

New Year's Resolutions: Whether they're personal, professional, or a combination of the two, we *all* make them... as we *all* should! A New Year's Resolution is just another word for a GOAL that we aspire to achieve in the new year! We should *always* be setting and working towards our goals. Unfortunately, we don't all always follow through with our New Year's Resolutions!

Have you ever noticed that the gym is always crowded at the beginning of the new year? Have you also noticed that the number of people in the gym and the waiting time to use equipment slowly dies down as the year goes on? It's a pretty common occurrence.

Who *are* these people that flooded the gym in January and disappeared again in the following months? We call these people ‘New Year’s Resolutioners’... people that set lofty, unattainable goals on January 1st and then, when they inevitably do not see the results they want as quickly as they want, get discouraged and give up completely.

This obviously doesn’t just apply to the gym. We see this pattern of behavior with all types of New Year’s Resolutions, from diet, exercise, and good sleeping habits to staying consistent with our daily huddles with our assistants and making our cold calls. We start off the year strong and little by little slip back into our old habits!

So, how do we avoid falling into this pattern? Here are some tips to help you achieve all of your New Year’s Resolutions, whatever they may be:

1. **When deciding what your resolutions will be, make sure they are ATTAINABLE!** If you set a goal for the new year that would take anyone else five years to achieve, it probably isn’t reasonable! It is perfectly fine to start small and adjust as you go!
2. **Start SLOW!** Break your larger goal into smaller, more attainable goals and increase them over time. Don’t, for example, jump into a 7-days per week workout program if you’re currently working out once per week! This is not sustainable! As you grow and improve, increase your small term goals!
3. **Challenge yourself!** Studies show that we are more likely to stick to our goals when they are *just* out of reach! If we make your resolutions too easy, we get bored. If we make them too hard, we get discouraged and give up! Keep it interesting by challenging yourself in different ways along the way!
4. **Change one behavior at a time!** It is perfectly fine to have more than one goal or resolution, but if you bombard yourself with too many changes at once, it may be too overwhelming and, again, unsustainable. Choose one or two of your most important good habits first and go from there!
5. **Ask for support!** Get an accountability partner! Find someone who is like-minded and has similar goals, or even someone who is already motivated and can push you, to help keep you on track! If you need some extra guidance or support, **hire a coach!** Or, find a mentor or support group! If appropriate, post your progress on social media in order to stay accountable! Knowing that someone else out there is rooting for you to succeed can make all the difference!
6. **You can’t always do EVERYTHING, but you can always do SOMETHING!** Don’t have time to work out today? The whole day isn’t “ruined”! What other small, healthy changes can you make today instead? It doesn’t have to be “all or nothing” when it comes to making progress towards your goals!

7. **Don't deprive yourself!** Give yourself a cheat meal! Have a lazy day! Take a vacation! We can't maintain 100% discipline all day every day! We still want to enjoy our lives! Give yourself a break now and again or you'll soon crash or binge on whatever bad habit you are trying to give up!

8. **Don't beat yourself up!** We all have "off days", but don't let it discourage you! Don't be so hard on yourself. Instead, look at how far you've come, and be proud of the progress you've made!

"Never give up on a dream just because of the time it will take to accomplish it. The time will pass anyway." – Earl Nightingale