

Why I Will Never Make Another New Year's Resolution

I know, that sounds kinda harsh, doesn't it?? No New Year's resolution? **Actually, it's been many years since I've even thought about making one.** This is probably due to the fact that for decades I made them and felt like a major loser when I couldn't keep them.

Usually my resolutions went something like this: "I want to lose weight this year" or "I want to be a better mom" or "I want to go to Disney World." **Vague mutterings about something I wanted but had absolutely NO idea HOW I would go about making it happen.** This doesn't only happen with New Year's resolutions, it can also happen with goal-setting. You can read more about goal-setting in the post [here](#).

This is why we set ourselves up for failure with New Year's Resolutions. **We throw our over-generalized statements out there for the world to hear and haven't thought about the steps necessary to make it happen.** I can want to lose weight until the cows come home, but until I put some mental energy into the process and consider how my eating habits will have to change, where/when I will exercise, and the extra plan/prep time for healthy meals, I can guarantee you that I will not lose weight. Unless I have a baby ☐

I've made this mistake SO many times that it's embarrassing to even remember. Finally, **I decided that I just couldn't keep a New Year's resolution, so I stopped making them to avoid the humiliation.**



That's when I discovered the book, *One Word*. It simplifies the whole concept of making New Year's resolutions. Instead of choosing a bad habit to fix or a good habit to acquire, you

choose one word that speaks to every area of your life. **It's a word that will be used as a filter when making decisions about your personal life, family life, professional life, etc.** It has to be a word that is broad enough to encompass all areas yet will also be able to adequately filter decisions made in all of them.

Here's a few possible "One Words:" growth, intentional, rest, meaningful, integrity, joy, contentment, generosity. The list is endless. When making decisions you will run it through your "one word" filter. So, if you have a new job offer and your "one word" is "growth", you would ask yourself, "Will this new job allow me to grow and sharpen my skills, opportunities, etc. in my business?"

If overspending is an obstacle for you – something you believe needs to change in the new year, then maybe your "one word" could be "frugal." Then every decision made would have to be run through the frugal filter – making sure that your decisions about lifestyle, education choices, eating habits, travel, etc. would lead you closer to a frugal lifestyle.

I'm so glad I don't feel the dread of creating a New Year's resolution that I know I won't keep. However, figuring out my "one word" is always something I look forward to and spend a lot of time thinking about. I'll share my "one word" for 2016 in my next post.