

# How to effectively achieve new year's resolutions and avoid sabotage?



The new year is a time when many of us focus on new goals, setting resolutions for the months ahead. Unfortunately, many of us experience difficulties in maintaining these resolutions throughout the year. Why does this happen, and how can we effectively work towards achieving our goals?

## Define goals specifically and realistically

The first step in successfully achieving New Year's resolutions is to define goals in a specific and realistic manner. Instead of generalities like "I want to lose weight" or "I want to be healthier," set specific goals, such as "I want to lose 5 kilograms by the end of March" or "I will exercise for 30 minutes five times a week." This helps maintain clarity about what you want to achieve.

## Break goals into stages

Breaking down larger goals into smaller stages makes them seem more achievable. Instead of looking at long-term goals over the entire year, focus on short-term steps that you can take every day or every week. This helps avoid a sense of overwhelm and increases the chances of success.

## Establish habits, not just goals

Instead of solely focusing on achieving a specific goal, try to develop healthy habits. Creating consistent habits is often more sustainable than pursuing a particular result. For example, rather than thinking about losing a specific number of kilograms, focus on adopting a healthy lifestyle, such as regular exercise and a balanced diet.

## Be gentle with yourself

During the pursuit of New Year's resolutions, challenging moments and occasional setbacks are inevitable. It's important to be gentle with yourself and not get discouraged at the first obstacle. Instead, reflect on what you can learn from the situation and use it as an opportunity for growth and development.

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## Why is it so difficult?

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Frequently, we find ourselves undermining our own pursuit of New Year's resolutions, and the underlying reasons for this behavior can be multifaceted. One prominent factor is a deficiency in realistic self-assessment and the harboring of overly lofty expectations. When we establish ambitious goals without a well-thought-out action plan, we may become overwhelmed, resulting in frustration and eventual abandonment of our resolutions.

Additionally, a lack of awareness regarding our own defense mechanisms and habits can foster self-limiting beliefs that impede our ability to adhere to our resolutions. At times, apprehensions about failure or the judgment of others also exert influence on our actions, leading to inadvertent self-sabotage. The crux lies in comprehending these mechanisms and actively addressing them to sidestep the inadvertent traps we set for ourselves on the journey toward achieving our goals.

