



NEW YEAR'S RESOLUTIONS



How to make your New Year's Resolutions stick.

Why?

KISS

Belief

Richard Donovan



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NEW YEAR'S RESOLUTIONS

A new start



In all honesty, I've become disillusioned by New Year's Resolutions. I've seen and heard so many people commit to life changing habits, only to find themselves back to square one before the end of JANUARY!

So are New Year's Resolutions a bad idea? Not necessarily...

The huge positive I find in New Year's Resolutions is that people see an opportunity for a new start and that's great. It can spark new ideas, new goals, new dreams and new perspectives.

A new year seems to provide so many people with renewed hope, optimism and that little spark to light the fire of change.

When this spark presents itself, we should take advantage of it, which is exactly what I'll cover in the remainder of this guide.

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NEW YEAR'S RESOLUTIONS

Pick a New Year's Resolution you can stick to



The actual resolution you choose is a massive piece of the puzzle when it comes to sticking to it.

Your resolution doesn't have to be some grand gesture of epic proportions and it certainly isn't a competition, so you don't have to try and one up those around you.

In fact, the best thing you can do is keep it simple, which I'll touch on shortly.

You may already have an idea of what your New Year's Resolution will be, but if you don't, this might help.

And either way, before you settle on it, I encourage you to do a little exercise...

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NEW YEAR'S RESOLUTIONS

DON'T WANTS / WANTS



This exercise is very simple but don't underestimate it's power.

What DON'T you WANT in your life?

Create a list of all the things you don't want in your life. What don't you want to do? How don't you want to spend your time? How don't you want to feel? Who don't you want to surround yourself with?

Add about 20 items to your list but don't worry if you don't have that many. They can be big or small, just anything you would prefer to have less of in your life.

What DO you WANT in your life?

Now, create a list of all the things you do want in your life. What do you want to do? How do you want to spend your time? How do you want to feel? Who do you want to surround yourself with? Some of this will just be the opposite of the above which is fine.

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DON'T WANTS / WANTS Continued...

Again, add about 20 items, big or small, just anything you would prefer to have more of in your life. Try not to be discouraged by what you currently believe is or isn't possible, add a few wild items to your list!

Now just spend some time evaluating your list, think about how many items from each list are actually featuring in your day to day life.

You can do more work with these lists but for the purpose of this guide I want you to consider how your New Year's Resolution fits into this picture.

We should be looking to fill our days with more things from our WANTS list and less things from our DON'T WANTS list; does your New Year's Resolution work towards this goal or against it?

You're far more likely to stick to a resolution if it is something you actually want or it contributes to something that you want. Yet, sometimes this is not the case.



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NEW YEAR'S RESOLUTIONS

The 5 Whys

Now that you know to pick a resolution that is inline with what you WANT, the next thing to consider is why do you want it?

When you know why you are doing something, it makes it much easier to talk yourself into it, rather than talk yourself out of it.

So let's find our **why**...

As an example, your resolution is to exercise at least 3 times a week. Let's imagine we have things on our WANTS list, such as:

- Move Energy
- Feel healthier
- Get better at [sport]
- Feel fitter
- Feel more confident
- Feel less stressed
- etc



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The 5 Whys Continued...

And things on our DON'T WANTS list, such as:

- Feel lethargic
- Be overweight
- Feel unhealthy
- Be anxious about my health
- Set a bad example
- etc

I think it's fair to say that our resolution works both against our DON'T WANTS list and for our WANTS list, it's a good start!

Now you need to work out why this is important to you. To do this you are going to take a deep dive into the 5 Whys.

This might feel a little repetitive and you might find yourself visualising an annoying younger sibling (why? why? why?) but try to take the time to answer each why independent of previous whys.

Let's start by asking...?



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The 5 Whys Continued...

Why is this [exercising 3 times a week] important to me?

A: Because I want to feel fitter and healthier

Why is this important to me?

A: Because When I feel fitter and healthier, I have more energy.

Why is this important to me?

A: Because when I have more energy, I feel happier and I'm a nicer person to be around.

Why is this important to me?

A: Because when I'm happier and nicer to be around, I can set an example to others and have a positive impact on them.

Why is this important to me?

A: Because when I'm setting an example, I feel like I'm making a difference and feel more confident about myself.

I could go deeper with this and at the same time, you might find that you only manage 3 WHYS. That's fine, as long as you've identified why it is important to you.



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NEW YEAR'S RESOLUTIONS

Keep it simple, stupid - KISS



As mentioned earlier, a key reason for many New Year's Resolutions being thrown on the garbage heap is complexity or difficulty.

As humans we tend to overestimate what can be done in the short term and underestimate what can be done in the long term.

We think we can achieve more with our resolution in a short space of time than is reasonable. Unfortunately, this can lead to disappointment and feeling like you've failed when you don't see the results you hoped for.

Keeping your resolution simple means you're more likely to be grounded with your expectations. You're more likely to stick to it because you've kept it simple, and because of our tendency to underestimate over the long term, you're likely to get more from it than you originally thought possible!

Not to mention, keeping your resolution simple helps from a motivational perspective too. It requires a lot less motivation to do something simple than it does to do something that is complex or difficult.

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NEW YEAR'S RESOLUTIONS

Define what success means for you



Another reason for the eye wateringly high failure rate of New Year's Resolutions is not defining what success looks like. This leads to an all or nothing mentality, the first time things don't go to plan, it's all over.

You give up, just like that and revert back to your old habits; this can be avoided by defining success.

As I've said already, this isn't a contest or an ego trip, don't constrain yourself with unrealistic expectations. Give yourself some leeway, some space to manoeuvre. A "one strike and you're out" approach, isn't going to help you achieve long term success.

So, what does this look like? Rather than saying: "I will do [X] every single day... "

Try something like: "I will do [X] 4 times a week...", this way, if you miss an opportunity, you give yourself the chance to get back on track.

If one week you only do it 3 times—rather than give up— aim to improve the subsequent week or if you're feeling motivated, you can add to the following week what was missing. This is better than quitting as soon as things don't go to plan...

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Do you BELIEVE you can do it?

The power of belief should not be underestimated - it might just be the BIGGEST factor in whether you stick to your New Year's Resolution or not.

If you don't believe you can do it, it's going to prove extremely difficult to nail your resolution.

—Henry Ford said:

"If you think you CAN or you think you CAN'T - you're probably right!"

This is because our brains behave in a very directional way and we set that direction with how we think. If we don't believe we can achieve our resolution, this could lead to self-sabotage, procrastination and demotivation.

On the other hand, when we believe we can do it, our brain works with us and will be focusing on solutions that might actually help you stick to your resolution, even when things try to get in the way.

Affirmations are a great way to form a belief and a superb tool to help you keep on track with your resolution. Let's find out a little more about them...

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Affirmations



An affirmation is a tool that you can use to form a belief, for example, that you can adhere to the New Year's Resolution that you've set yourself. Affirmations are just one of the ways that we form beliefs about ourselves.

An affirmation is defined as:

A consciously constructed, positive statement about yourself, in the present tense.

An example affirmation:

I am a health conscious person and I exercise regularly.

This affirmation would be inline with our example resolution of exercising 3 times a week. You can create multiple related affirmations to further strengthen your belief.

Affirmations are a form of self-talk which can be used to help program our subconscious mind. With enough repetition, we are likely to believe the affirmation which can help us not only stick to our resolutions but also find ways of making them work when we run into trouble.

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Affirmations Continued...

How to use Affirmations

I recommend repeating your affirmations daily:

- 2-6 minutes first thing in the morning.
- 2-6 minutes last thing at night before you go to bed.

One of the most powerful ways we form beliefs is through repetition. This helps to keep your affirmations on your radar and sets a focus for your brain to lock on to (remember the directional nature of the brain).

Repeated often enough and with conviction, these will start to move into your subconscious mind; you start to believe them and subsequently move towards them.

You can get the most out of your affirmations by forming a visualisation and really feeling the emotions that come with them.



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NEW YEAR'S RESOLUTIONS

What Next?



I encourage you to go through the exercises in this guide before jumping straight into a New Year's Resolution with little thought. By doing this; you'll give yourself the best possible chance of success.

If you're ready to start the new year with a new you, checkout my "Program your SELF" 1-2-1 coaching package based on the Mindspan Framework. You can find out more about this programme at the back of this guide or visit:

<https://www.rdcoached.com/program-your-self/>

Thanks for reading & Happy New Year!

Any questions get in touch below

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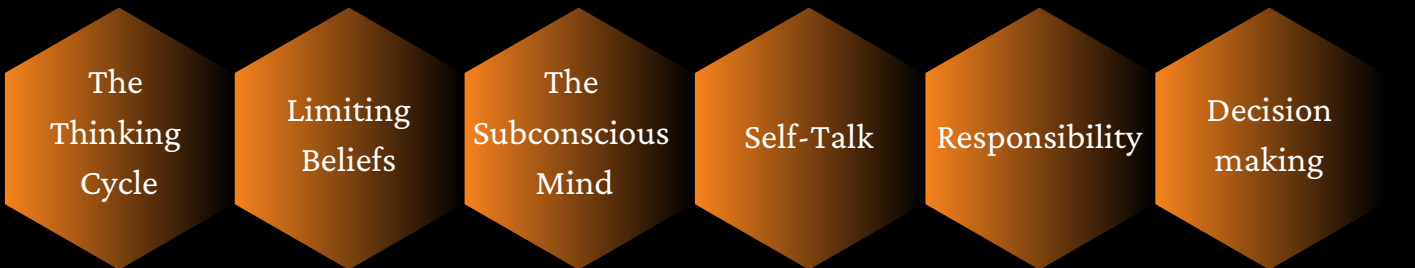
PROGRAM YOUR SELF COACHING FOR A NEW YOU

RD Coached Ltd

RD Coached was founded by Richard Donovan to help people from all backgrounds with self-belief and confidence.

I work with people ranging from entrepreneurs, managers, IT professionals; to people wanting to achieve their best possible performance in their given sport; to people just wanting to make the most of their opportunities in a life by creating a healthier mindset.

What you'll learn



How you'll benefit



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