



Personal Tool

How to maintain your resolutions

Finding your groove to maintaining good habits in 2021 sounds like the most sensible thing to do. After the year that was not, in 2020, there is a sense that we need to get on with whatever it was that was missed in 2020. But, pausing for just a second, have you kept your new year's plans and goals? Here is a secret: very few have.

The reason being is that many of those goals, plans or "resolutions" are a lot more difficult to maintain come February. This is because if you are returning to life after a holiday (or back to work after lockdown), the chance of overzealous plans turning to burnout is high. Many of those trying new habits can often take a black and white view and see any variation on the plan as "giving up" and "failing". There is more to health than a gym session, and there is much more happiness than just a smile. Our tips today are elegant in nature and in many cases are something that you may already know. The suggestion is that you read them as a gentle nudge to get back on the healthy bandwagon and not to view every slip up as a relapse.

Start small and simple.

Commit to one change across two or three elements of your life. For example, avoid saying "lose 20 kilos in weight, run 5kms and save \$25,000". Instead, choose the most important thing and work from there. If you are in a health crisis, it may be more important to focus on that in the short term. The needs of the crisis may be big or small. If small, making little changes like eating oranges instead of buying an orange juice can start the process and build confidence. Reviewing your physical activity and then your finances may be the next step (for example).

Find a reason.

Simon Sinek says, "find your why". In this situation, find a reason as to why you want to achieve this habit – e.g., feeling better, reducing financial stress, or walking up the stairs without wheezing – and then write it down. Then, either in picture form or written word, put it on your computer monitor or phone lock screen. Being clear will help you motivate yourself when things get hard (which inevitably they will!).

Find a way to rejoice in your growth!

Most importantly, find a way to celebrate that does not involve giving yourself the very thing you are trying to give up. For example, if you are trying to save money, do not do and spend all the savings that you just accumulated. Finding a different way to celebrate will feel foreign and may be hard to settle into but going back to the why may be a way to keep you on track.



Create a motivational password

Whatever your goal is, create a password that reflects that so each time you are forced to log in, you will be reminded of your goal. For example: if you want to move more, drink more water, meditate make up a password which will remind you of that goal.

Write a vision statement

Writing a vision statement around what you want to achieve and then help you visualize what success in this goal/plan looks like. A vision statement should be short and sharp (10-15 words) that describes your future position or personal destination. A vision statement helps return our life when we get distracted, disillusioned, or despondent. Understanding where you are at right now will help form this success. An example of a financial vision statement is something like "I will put 20% of my salary into savings that off-sets my mortgage. I will have no worries about money. I will be able to support my family and my preferred charity as well as contribute to my community without financial stress".

For a confidential conversation with one of our experienced clinical professionals, please contact **AccessEAP** on **1800 818 728**.

