

HOW TO KEEP YOUR NEW YEAR RESOLUTIONS

Well, you have written down your New Year Resolutions carefully.

What to do next?

1. Now is the time to revise them. Your NYRs were theoretical only. They lacked practical reality. You put too much into it. Even if you work twenty-four hours a day, seven days a week, you would not be able to do it. You set too many diverse aims to accomplish—you want to excel at job, you want to be a good family member, you want to be the best baseball player, the best writer, the best singer, and so many other things. You want to go on a world tour, you want to learn music, you want to practice Yoga, etc. Well, your intentions are honourable, but not practical. Prune your list. If something is not going to be done any way, why not cut it from your list now. You can add it later, if you want to. Revise your list periodically.
2. You broke your resolution of going to gym early in the morning. Did you regret? Did your heart break? Did you loathe yourself whole day? If not, the resolution was not worth the paper it was written on. Your heart was not in it. It was not an obsession. See obsessive chatterboxes, smokers, drinkers. No harm making them your role models! Just change the activity. Your NYRs should be like obsessions.
3. To keep the routines is very difficult. But in life and the universe all great things are routine—the sun rises and sets down routinely, the heart beats routinely, we breathe routinely, and so on. In fact other vital activities are also to be performed every day—drinking of water, taking food, and sleeping etc. On the other hand, if you are in the habit of doing something, like getting up early, you will keep on doing it happily and without any effort. This teaches us two great lessons: first, have discipline and self-control to keep your NYRs and, secondly, keep on repeating your resolutions.
4. Link one thing with another and you will never fail to do it. If you decide to drink at least ten glasses of water per day, which is usually recommended for good health, link drinking of water with routine activities of day-to-day life—drink two glasses first thing early in the morning on getting up, one before breakfast, one before leaving for office, one on reaching office, one each after you go to bathroom, one a couple of hours after lunch, one before leaving for home, one on arriving at home, one after freshening up, one a couple of hours after super, one before retiring. You will easily drink a dozen of glasses of water this way. Link getting up early to playing a game, and you will not be able to even sleep in anticipation of next morning's game!
5. Don't put your resolutions to only in a computer file and forget all about it. Write the resolutions in a diary, on your desktop on your screen saver, on your fridge, on the wall of your room, etc.
6. Repeat NYRs on waking up, in your prayers, and before retiring. In this way you will remain focused. In this way, you will be ordering you subconscious also to work for you and create the circumstances which are optimum for the realization of your NYRs.

7. Get a support group. Work with your family. Have a circle of friends to support and encourage each other. Have a jogging group and you will manage to jog all the year round.
8. Subscribe to inspirational/motivational newsletter. Read books on the subject. Listen to audios or see videos on the subject.
9. Ultimately, it is not terribly important whether you keep your resolutions or not. What is important is that you work hard, be disciplined and self-controlled. With just a little focus, you will be going in the right direction.
10. So, for some hardworking and disciplined persons unwritten New Year Resolutions may work, but for majority of us only written Resolutions would work. Alas, majority of us shy away from making and writing our New Year Resolutions and only hardworking and disciplined persons make and write them to Be Happy! Be Healthy! Be Successful!