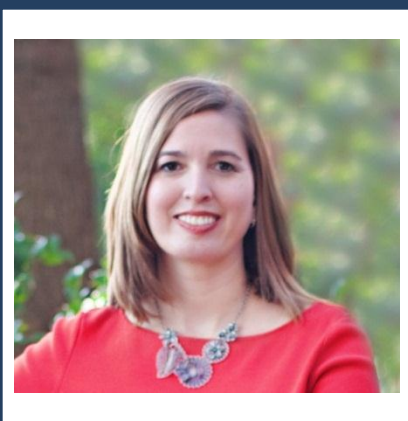




**Making your
New Year's
Resolution a Reality**

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Joy Tanner, MA

**Rosario Counseling
&
Associates**

809 Spring Forest Rd.
Suite 1000
Raleigh, NC 27609

919-649-5882
www.rosariocounseling.com

Every New Year, millions of admirable resolutions are made by well-intentioned individuals. However, by February, many find themselves discouraged over broken resolutions. According to a 2007 study by Richard Wiseman from the University of Bristol, nearly 80% of people do not achieve their New Year's Resolution.

In the search for the reason many resolutions fail, it has been found that people try to rely on strength and willpower alone. Instead, it is important to choose realistic goals and maintain a cohesive mind-body-spirit connection that will result in success.

If you have already broken your New Year's resolution, don't be discouraged! You are allowed to start over. Begin by evaluating and eliminating the roadblocks to achieving your goal:

If your initial goal was unrealistic, choose an attainable long-term goal with short-term strategies.

Did your friends or family choose a goal for you? Make sure your resolution is your own.

Are your sneaky thoughts saying, "Don't even bother. You're going to fail anyway, so what's the point?" Challenge those thoughts and replace them with truth. For example, "I may have failed in the past, but that doesn't mean I am destined to fail at everything for the rest of my life."

Are you lacking physical endurance? Start slowly and pace yourself.

Are you praying and expecting God to do all of the work? Put feet to your prayers.

After you have eliminated the roadblocks, the following tips will help you on your journey:

- Spend time in prayer, meditate on scripture, or read inspirational poetry daily.
- Seek accountability from positive and encouraging people.
- Keep a daily journal. It's good to keep your eye on the long-term goal, but that can easily become overwhelming. Setting short-term, attainable goals every day will allow you the opportunity to celebrate your successes, no matter how small.
- Remember that no one is perfect. You may have an "off day," but that's no reason to beat yourself up. Learn to forgive yourself and move forward.

Even though we are halfway through January, it's not too late to make your resolution a reality! As always, we are here to help you work toward your goals. If you are finding it difficult to remove roadblocks and start your journey, please call us to make an appointment.