



Why New Year's Resolutions are Important

By Elaine Sihera – Ezine contributor

One week into the New Year, you are likely to be struggling with those resolutions you have made to improve your life in some way. You are probably wondering why you are bothering, when it seems so difficult to stick to them. But hang in there! Persistence usually pays off. This time of year is rife with personal promises which reflect past disappointments, frustrated dreams, lost ideals, individual yearnings and aspirations. Some people are inclined to ridicule the idea of making resolutions and trying to stick with them. But making these objectives at the start of each year is as crucial to feelings of worth and progress as actually achieving them. Many people might get despondent at not sticking to them for a long time, but any effort is better than nothing. By focusing on something you desire, you are likely to have it because you will work harder for it.

Resolutions are not just whims or idle promises. They emphasize past progress and rekindle new hopes. They demarcate the past and the present into manageable sections which acknowledge effort as well as the obstacles. They are likely to relate to losing weight, getting a new job, being a better friend, getting a promotion, starting a new course, travelling, reducing excesses in our lives and developing a new attitude to life, among many others. **We often get strung up on not achieving all or most of those resolutions, so we become demoralized by our perceived failures in our search for perfection and then cease to bother.** However, achieving all the stated resolutions is not the point. What resolutions do, in fact, is help us to acknowledge the weaknesses and gaps in our lives and then make a commitment to improve them over the next year... a period which can be easily monitored. They also give us something to look forward to, as we will make a greater effort to achieve them. That is the essence of any resolution.

Changing priorities

Thus, achieving 100% of all our resolutions is unrealistic and a fallacy. Mainly because, by the time we reach the middle of the year, our priorities would probably have changed anyway, and what we started with as a special goal would not be so important anymore. If we achieve just 20% of our goals they will have an effect on us that was not foreseen and will actually push us along, gradually, towards the person we aspire to be, or the destination have in mind. It is when we don't even try at all that our lives take a knocking and we stay in the same rut constantly because the need to make resolutions means that something is missing from our life which would improve its quality. We cannot ignore it.

Making personal or career resolutions are thus very important. They provide the opportunity to review your life in the past year, review where you are going, review what you are lacking and put simple steps into place, **for fulfilment within a given time frame.** And that is no bad thing. Self-knowledge is the greatest route to power and self-confidence. It is all about personal development and purpose in your life. Nothing helps that process more than simple resolutions at crucial points in your life.

A very Prosperous and Successful New Year to everyone reading this!

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