

New Year Resolutions

Ron Norton Reel, and this is Brookings Harbor Voices.

It has only been four days since many people made a resolution for this new year. I made my resolution right before midnight on New Year's Eve along with millions of others. In 2017, researchers found two main goals were given as responses for resolutions people set for themselves. Respondents disclosed that 53% wanted to save money while 45% wanted to lose weight or get in shape. A YouGov poll found that for 2018 the top three goals were to eat healthier, get more exercise, and save more money.

I have been asked many times the difference between a new year's resolution and a goal? The answer is nothing. A resolution is a goal one sets out to achieve. Americans like the mystique of setting a new year's resolution or goal. However, The Statistic Brain Research Institute claims that only about 9% of people say they are successful in achieving their goal.

Use these steps to find success. Make the goal or resolution one that is important to you. Put the resolution in writing. Start an action plan to accomplishing small steps or stages toward the end result.

Give plenty of time to meet the goal. If you fail or slip back don't see it as a final loss. Start over again.