

Make your New Year's resolutions happen!

The dictionary says that making New Year's Resolutions is "setting goals for the New Year." As to where or how they originated, we only know that resolutions were already recorded by the Babylonians as far back as four thousand years ago!



The Babylonians believed that what a person does on the first day of the year has an impact for the entire year. A resolution is like a promise to ourselves to improve our lives and to make the year a better one in one way or another.

To be successful at any change, you need to think about it and really want it. Otherwise, you will invariably end up making a resolution to which you are not entirely committed.

As you plan your New Year resolutions - perhaps a month or so late at this point - remember these important tips to set yourself up for success:

Commit to your resolution

Without commitment, you aren't motivated and after the first setbacks or obstacles you will quit. To succeed, you must believe that you can accomplish what you set out to. Choose resolutions that you really want to achieve. Tell your friends about the resolutions - that will help hold you accountable!

Be realistic

The key to achieving goals is continued motivation. If you set the bar too high, you risk failing. Aim for something that is challenging but that carries with it a good chance of success.

Write it down

A simple but powerful technique for making your goals real is to write your resolutions down.

Buying yourself a nice journal that you will use to record your journey into the New Year!

Make a plan

Envision where you want to be at certain points of the year by writing down an action, which envisions where you want to be and how you will get there.

Use a system of reminders

Remind yourself of your resolutions: write them down and have them visible throughout the day at strategic locations. Leave reminders at work, at home, in the car, on your calendar, in your briefcase, and on your computer.

Be flexible

If you are too rigid in your approach to resolutions the first minor obstacle can throw you off course. Realize that your resolutions might have to be slightly modified along the way - just roll with it! That's not failure, just the realities and demands of day-to-day life.

Track your progress

You won't know how well you are doing unless you keep track of your progress. Reward yourself as each milestone is reached.

Your EAP coordinators are here to provide support and resources if personal matters are impacting you or those around you. Please don't hesitate to give us a call.



Need help?

Your EAP coordinators are here to assist you with any issues that may be impacting you or the well-being of those close to you. Give us a call.

National Office
Denis Yelle (888) 992-1010

Atlantic Region
Jeff McAulay (902) 223-7911

Montreal
Gilles Filion (514) 972-4095

Toronto
Ron Rawding (416) 882-6997

Winnipeg
Barry Lazaruk (204) 471-5307

Calgary
Léon Dubois (403) 880-2589

Vancouver
Brian Bethell (604) 992-4491