

## Have you made your New Year's "Evolutions"?

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Contact: [ianfoster@peopleassured.com](mailto:ianfoster@peopleassured.com)

I don't know if you are like me, but I stopped making traditional New Year's resolutions a long time ago.

It wasn't just that I didn't execute on many of them, there just seemed to be a better way of doing things - like setting goals and identifying things I'd like to do.

Each year millions of people make resolutions, but why do many of us fail on executing - and so quickly?

Resolutions can often be about doing things we find hard or difficult, or something we want to stop - behaviors we want to change.

I'm not suggesting that we shouldn't make them - but if our resolutions are about changing (a habit) it's tough to do alone. We probably need help, support and encouragement to make it stick - from a friend, teacher or coach perhaps?

I like what my son said to me this year. "Dad, I'm not making resolutions - I'm setting some goals? "Oh, what are they, I asked?"

"Well, this year I've set goals to get a dog and to visit Spain." Smart kid, I thought - both of them are using my money and he doesn't need to give up anything! Also, they are fun things so are much more likely to be successful than typical resolutions.

Back to the challenge of resolutions, however. I certainly don't believe in giving up. I think it's important to strive toward new goals and take action to address things that are holding us back. However, I believe we need to be a bit kinder to ourselves and set ourselves up for success.

*That's why I propose making New Year's Evolutions not Resolutions:*

Recognize where we are today and where we'd like to get to, and aim to get closer to the end we have in mind, most importantly by taking the first few steps! If we can see some small successes, we'll be encouraged to go further.

After all, if you're going to learn piano you don't become Beethoven overnight, but learning a few tunes will help you on your way.

Happy New Year! The best of health to you and your families and good luck in your New Year's Evolutions!

P.s. What's mine? You may ask. It's to write more :)