

A Plan of Action for New Year Resolutions

I'm going to lose weight, I'm going to save money, I'm going to spend more time with my family. . . . Do these sound like any resolutions that you have made in the past? I know for me they sound like a broken record. I always begin the race like a sprinter rather than a marathon runner. I don't pace myself and then I become overwhelmed and eventually burn out before I get anywhere and then abandon my resolutions.

Now is a good time to ask myself "What can I do differently this year to give me a better chance at keeping these resolutions?" Maybe I need to practice goal setting in a more efficient manor by first developing some short-term goals and objectives, and then establishing long-term goals with specific dates.

To begin I need a mission statement, something like a dedication to live a happy, balanced lifestyle, something not so complicated that I overwhelm myself, but something meaningful to me. In order to pursue this life mission I need some definite long-term, attainable goals like I'm going to lose sixty pounds this year, I'm going to save fifteen percent of my income this year, and I'm going spend one night a week with my wife doing something she wants to do. Long-term goals are excellent motivators and help me see beyond today's work and remind me that there is a greater purpose for the effort I am exerting today. This essentially gives me vision for the future and something to work toward.

In order to accomplish these long-term goals I will need a plan of action, which is a combination of my short-term goals and objectives. Saying I will lose sixty pounds this year and doing it are two different things, but if I break it down to monthly short-term goals of five pounds a month for twelve months then it becomes doable! When I add objectives such as low calorie meals, daily exercise, and rewards such as a cheat meal on my date night with my wife then I have a plan that works and is measurable. I probably need a schedule for my short-term goal to achieve the weekly time with my wife. Objectives such as careful planning, wise use of my time and communication with my wife in regard to her schedule will help me with my long-term goal of one night every week this year with my wife.

This seems like a simple answer to my resolution problem, and when I put it into action I will be keeping way more than my resolutions this year, I ultimately will get to live a happy, balanced lifestyle.

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