

New Year Resolution Roadmap



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Foreword

For thousands of years and in many countries around the world at the end of the calendar year, people have reviewed areas of their lives and their own performances to ascertain sections that need improvement and have drawn up New Year resolutions. It is interesting that globally the end of the year is seen as linked with review and change. Fresh beginnings and improvements for the year to come are something to shoot for.



The New Year Resolution Roadmap

How to prevent resolution slumps and burnouts?

Chapter 01 - What are New Year Resolutions?

Resolutions are in fact promises that individuals make to themselves to work to a distinct goal or the reformation of a habit. A key element to a New Year resolution that sets it apart from other resolutions is that they begin in the New Year and they are to last for a year. People plan to commit themselves to work on the resolution for an entire year. The lifestyle changes that people commit to undergoing are generally interpreted as advantageous changes.



The Basics

There are a number of areas that people commonly choose to resolve to improve. Many people consider attempting to improve their health and many more try to focus on specific areas associated with their health such as eating, exercising, stress and altering habits such as smoking or drinking alcohol that they believe are having a negative effect on their health.

At the end of the year people typically review their career paths and jobs and resolve to alter those in some way or to undertake further training and improve their education.

Typically an examination might be made of individual's finances and people they resolve to get out of debt or to spend less, or save more or even earn more.

Whilst throughout the world there will be billions of people resolving to change areas of their lives or facets of their person in some way, sadly statistics reveal that the failure rate for New Year resolutions is as high as 88%.