

Why new year resolutions rarely stick and what to do about it

By Gretchen Reid

As we enter the new year many of us will be declaring new year resolutions. What is a resolution but a claim that you will change some way about yourself. So why do so many resolutions fizzle out before the month's end?

First, most resolutions are externally motivated! Huh? What does that mean? Explore your resolution and see where the motivation is coming from – is it someone else's voice 'shoulding' on you? "Honey, you really should lose some weight." Is it coming from a comparison to others? "I've got to make more money so I can have a house like theirs." Does it come from society's norms, "Other women work full-time, raise her children, take care of the house, their husbands, and are gourmet cooks." What about an if/then statement, "If only I could have a healthy relationship, then maybe I'll be happy." Or does it truly come from an internal desire, your deepest truth...what is left when you strip all the external forces away. Perhaps it's more like, "What I really want more than anything is to be a great mom, a great wife, and take care of myself." When the resolution truly comes from a grounded place within you, there is more likelihood of you sticking with it and making the change inside in order for you to realize the change on the outside. So the first thing is to check in with the motive – is it an external or an internal motive?

Once you arrive at your true internal desire, then the journey can begin. Visualize what it looks like when you have achieved what it is you want – what are you doing? Where are you? What time of year is it? What are you wearing? Who are you with? What are you hearing? What else do you see in your visualization?

Next, experience what it feels like as you are visualizing yourself having achieved what it is you want. What are the emotions you experience - happy, calm, excited, content? Where do you feel these feelings in your body – chest, belly, throat, lower abdomen? What are the physical sensations – tingly, warm, open, still, expanded, solid? Connect deeply with those physical sensations and your emotional state. Now, name it. "The new me", "Living large", "Fulfillment", "Mom". Choose whatever resonates with you and is easy to bring to mind when you need a reminder and to be quickly brought back to this state of being.

Now, go about your life trusting that you have planted a powerful seed. As you move through your days be open to recognizing what it is that you are manifesting. Notice what shows up that seems to fit just perfectly. Let it be fun and let it be easy. If you begin to get frustrated or stray from your dream, bring to mind the word or phrase you named your ideal state of being. Notice how quickly the feelings and sensations re-enter your body. Embrace them, release all expectations of how your vision is to come into being and watch what happens. New years resolutions do not have to be a struggle, nor do any transitions when you live your life from your true internal motives, get clear on what you want to create, connect with that state of being, and allow it to manifest naturally.

Enjoy the New Year....and enjoy your journey through 2007!