

How To Write a New Year's Resolution That Truly Works

by Maria Morratto

Ah! It is that time of the year again. The magic time when most of us have been close to exhaustion from all the situations we have been through during the old year and we are ready to begin afresh.

Blessed is he who invented the concept of the New Year for he has given us hope just when we thought we couldn't take it any longer.

Even for those whose old year was a good one, the idea of a clean slate is short of a miracle.

So here we in December. The first of January approaching fast and furious and we begin to think about all the great things that we would like to be, do, or have for the next 12 months of our lives.

We keep thinking about this and that, most especially about dieting and exercising, which we can certainly take control, but the rest... we only wish that our life circumstances will change for the better: a better job, a better pay, a loving relationship. Our wishes remain floating in the air and, though we have great hopes we don't take action into making them come true.

For us to succeed, we must write them down. We need to make a list.

So here is my suggestion to you:

1. Separate your wishes into 4 categories, which are the ones the bulk of our wishes fall into: health, relationships, prosperity, and lifestyle. Then, subdivide them into 3 categories each, like this:

a. Health: weight management, nutrition, exercise

b. Relationships: life partner, friends, family

c. Prosperity: finances, business and/or job, possessions

d. Lifestyle: recreation and fun, culture and travel, self-growth and spirituality

2. For each category, brainstorm and write everything that you would absolutely love to have, do, and be.



3. For each item that you wrote, provide details, in a way that you can quantify. For instance: "I will be more loving towards my spouse" does not say much. But, if you can figure out ways in which you can be more loving, write them down with a number. For example: "I will bring my husband coffee in bed every Sunday;" "I will exercise for 30min, 2x/ week." Things like these.

Don't forget to live room for surprises and miracles, because they most likely happen.

4. Visualize the outcome of the things you have written down. How does it feel having received them? Don't lock the outcome; remember that there is always room for improvement.

5. Write down your declarations with a date and the term "I will." For example: "I will bring coffee in bed to my husband every Sunday beginning now." Or, I will weight 120 lb by December of 2007.

6. At the end, write: "This or something better, with gratitude." Date and sign the list.

7. Finally ask yourself the question: What are the infinite possibilities that all this will come into my life in the year of 2007?

8. Don't try to answer the question. Fold your list and put it in a place where you can open at the end of the year. Go about your life and when the time comes open the list up and start checking your blessings.

Happy New Year!