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The Truth About Resolutions

The time is here when many of you will make New Year's Resolutions. You may have tried them before, but this time you are bound and determined to make them stick! After all, when you really resolve to do something, there is no stopping you, right?

For many, failing at New Year's Resolutions is simply a reminder that they aren't successful, that they can't do anything right, and perhaps even more detrimental, that they, themselves, are failures. Few people are actually successful with New Year's Resolutions and yet they try and try again, every year, thinking that somehow "this year" will be different. Fully one third of all New Year's Resolutions never make it out of January, and two-thirds are abandoned soon after.

It may be true that when we set our intentions and resolve to do something, we have a good chance at success, but why do so many people fail when making New Year's Resolutions? New Year's Resolutions are often not well thought out, are made at the spur of the moment, or (and) are made when the person is not in the best frame of mind (lacking coherence).

All kidding aside, this is a serious matter, and here are some helpful suggestions. Many people make New Year's Resolutions because they think they "should" make them, or because they "should" lose weight, quit smoking, exercise, or whatever the resolution is. The fault with that is doing something because they think they "should" rather than because they want to. We tend to not be as committed to doing something we should do as much as we are to something that we really want to do. When we set out to accomplish something without the commitment, we are setting ourselves up for failure.

If there is something you really want to do and are fully committed to, then why wait for the New Year? What is wrong with the first of July, or March, or October? Actually, what is wrong with the 14th of the month? The point is, if you really want to lose weight, quit smoking, or begin that exercise program, the best time to start is NOW, whenever "now" is.

So before making that New Year's Resolution, ask yourself how committed you are to being successful. Ask yourself whether it is really something you want to accomplish, or is it just something that, "Would be nice." Unless you are ready to commit to yourself that you will do whatever it takes to be successful, forget about the New Year's Resolution and just have a safe and Happy New Year. And then, on that day, whenever that day is, when you are ready to commit to your success, go get the support you need to accomplishing that goal, that desired outcome, and even imagine yourself having accomplished that outcome. Once you do that, you will be well on your way to success. How cool is that!

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About: Karl R. Zimmer III is a clinical hypnotist, licensed and certified by the State of Indiana. His practice, Zimmer Success Group (<http://Z-Success.com>), is in Plainfield. Information provided is for informational purposes only and is not intended to diagnose, treat, or cure any condition or illness.