



Monthly Well-Being Message: January

New Year Resolutions!!

Set yourself up for success with these helpful tips on achieving your goals for your best year yet.

Start 2017 with your best foot forward and propel your ideas into change.

With New Year's resolutions still looming over our heads, it's a good chance to reflect on what you achieved in 2016 and what you want from 2017. We often start the year with goals in mind or dedicated visions of commitment. So why is it sometimes we waver? Why is it sometimes so hard to execute?

Sometimes we can look back weeks later and wonder where it all went so wrong. Goals and passion are a start, but what you need is a good system. It's not just the 'what' but the 'how' that gets you there: success is all in the 'how'.

Research shows that 50% of people who make a commitment to begin an exercise regime will drop out within the first 6 months.

It's not empowering to hear that statistic in the wake of a 'New Year's resolution' but it highlights a trend that relates to goal attainment. So what's going on?

ACTION PLAN

Firstly, you need an idea to strive for and secondly you need motivation. But how do you know if you're self-motivated? Psychologist Scott Geller says to ask yourself three questions to determine if you're feeling empowered for change.

1. CAN I DO IT?

Do you believe you have the time, knowledge and training to achieve your goal?

2. WILL IT WORK?

Do you believe your behaviour will lead to your goal?

3. IS IT WORTH IT?

Are the consequences of this goal worth the effort?

If you answered yes to all three questions and you're feeling confident, competent and feel you have a *choice* to change, you are ready to go. Motivational speaker and life coach, Mel Robbins explains in her Ted Talk "**How to Stop Screwing Yourself Over**", that change is simple, but it's not easy. In areas we are happy, we are more likely to do the work required for change compared to when we feel disappointed about something.

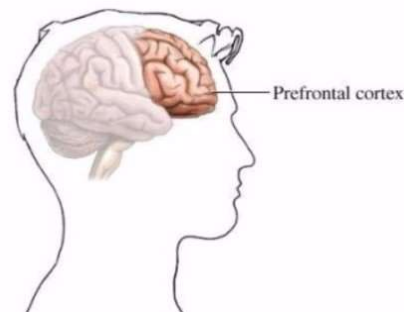
To embark on change, you need to be aware that it's likely that you're not always going to feel like it. She explains that the moment you have an idea, you need to act on it within 5 seconds, before your mind finds a reason not to. Reading your impulses and acting on them, creates *change*. Any form of action encourages you to commit, build momentum and get you closer to what you're striving for.

Watch the TED Talk below



Watch TEDTalk "How to Stop Screwing Yourself Over" - Mel Robbins.

It's all in our prefrontal cortex- the front part of our brain directly behind our forehead which is responsible for higher order decision making. When it must make difficult decisions, plan ahead or control our impulses, it's ready to go.



But our brain loves to cruise on autopilot and pick previously selected options to make its life easier. So, unless we act within five seconds of having an impulse to do something different, our brain will reason its way to doing what's comfortable, more familiar, and the interest in change is lost.

When you feel the impulse, act on it within 5 seconds. Write it down, email yourself, open your mouth and ask the question, pack your gym attire the night before while you're thinking about it. There will always be a moment of hesitation, so embrace it. To change behaviour, you need to switch off autopilot and engage in self-directed behaviour.

Your brain is not going to want to switch gears but remember *why* you're doing it. Our attention span isn't long so you need to act quickly. We all know what we need to do, we just need to *do it*.

The truth is, you're never going to feel like it!

Unless you are paid to do it, pushed to do it, or have a deep connection to do it. Otherwise, change comes about following an impulse. In that moment, you either do it or you don't. Lay down the neural pathways, link impulse with behaviour and set that ball of change in motion!



Firstly, you need to know what it is you want to change: answer those three questions and you're halfway there. But knowing doesn't equate to change.

Secondly, you need to ACT! Stop waiting for change to just happen. You are not going to be rewarded for doing nothing, no matter how much you want change. Sometimes we know what we want and have all the resources but still we can't execute our plan. It's all in the 5 second rule!

Go for it! Remember, you have to start somewhere.

You create your life by living it, not by planning it. Try it out and see how it fits- you can always adapt it. How do you know what you need to change unless experience it? You can discover along the way and make a conscious choice on what you do with next bit of information. Having a plan is important, it's a *guide*. But coupling this with acting on impulses inspired by curiosity and desire, leads to achievement.

Live out those 2017 New Year's resolutions and embrace change!

**If you or someone close to you needs support, contact
Acacia Connection for an appointment.**

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