

2021: A year for change



Rachael Hunter examines what makes an effective set of New Year's Resolutions.

The new year is finally here and after the past year we've had, now is the perfect time to make some positive changes in our lives.

New Year's Resolutions have been around for centuries. Whilst only a small percentage of them make it through the year, they are a great time to wipe the slate clean and set out a plan for a happier and healthier new you.

As an avid maker of New Year's Resolutions, I like to take a quiet moment for

myself and note down what was good about the past year and what I found to be trying. I use this list to hone in on the things I really need to change in my life, the things I want more of and what I want to see less of.

The best way to stick to my goals is to create

simple and achievable ones. There is nothing worse than setting yourself up for failure with a huge unachievable promise to keep for twelve months. I find these types of resolutions to be unrealistic, and they rarely ever last.

Instead, I opt for the little milestones and monthly or bi-monthly "mini-resolutions". These baby steps are a great way to ease yourself towards the bigger goals. They can easily be amended if you have a bit of an 'off' month!

It is also important to remember that these intentions are set to help you grow and to nourish what is important to you. Keep in mind that you created them for a reason and you should honour your higher self by sticking to them as much as possible throughout the year.

So, when you next have a quiet moment to yourself, grab a cup of tea and notebook and get your 'new year, new you' plan in action!.

