

Six Reasons Your Good Intentions Fail

Start here!

Transformation By Design

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By Angela E. Batista, Ed.D.

INTRODUCTION

At the start of each new year, you may spend time thinking about how you're going to make your resolutions a reality?

If you're like most people, you're probably pretty enthused about your resolutions. That's good because you should be. Change is good! The problem comes when you become conscious of one very unsettling fact: most people (80%) are going to flop on their New Year's resolutions before the snow has even melted from the ground. In fact, most people don't even make it to Valentine's Day.

RESOLUTIONS VS GOALS

While it is fine to set resolutions at the start of the New Year, many resolutions often lack specificity. A resolution is a statement of what you want to change. For example, saving money. A goal is a statement of what you want to achieve; the steps you need to take to achieve it; and when you want to achieve it. For example, saving 10 percent of each paycheck for the next six months, so you can take a family vacation in August.

Setting, and achieving, personal and professional goals requires a different mindset and approach. Goals may take longer to frame because they involve planning. But, this preparation can provide you with a clear direction to follow to reach your desired outcome. For example, setting goals for your career or business can be a challenging process but can be more effective if you start by exploring your reasons for setting the goal in the first place – you why?

Truthfully, you can choose to engage in this type of self-reflection and goal setting at any point throughout the calendar year. If not at the start of the new year, perhaps you make this an annual ritual around your birthday or work anniversary. But to make your goals a reality, it is important to take time to strategize and make a plan for success.

Because it may be easier to engage in reflection and set goals and to keep working consistently to make them a reality, let's consider why so many good intentions often fall by the wayside and you stop working on them.

You're Overextended

It's easy to get a little too enthusiastic when making resolutions or setting goals. After all, if one or two goals are a good idea, then a dozen must be great. Right? The problem is, trying to do too much at once is a sure recipe for disaster. It's impossible to focus on what's important when you're jumping in a million directions at once. Worse, how do you keep track when you're trying to build multiple habits at once? In short, it gets confusing, fast. It's no wonder people give up.

You Burned Out

If you've ever taken part in any kind of a foot race, you know how important it is to pace yourself. Imagine what would happen if everyone running the Boston Marathon started out at a dead run, as fast as they could go. Very few (if any) would ever make it to the finish line. Resolutions and goals can be like that as well. You start strong because you're excited about what you're doing and really throw yourself into making changes, but quickly run out of steam. What most people don't realize is just how much enthusiasm is a finite resource. You really can run out of energy for the project fairly quickly and give up.

It Felt Hard

Somewhere along the way, you were probably taught to get the hardest thing out of the way first, so the rest of what you need to do will be a breeze to finish. While this works well in some areas of your life, it's a disaster when it comes to building new habits. Starting with a difficult habit is just that...difficult. It's easy to become overwhelmed and just give up when it becomes impossible to succeed quickly.

You Hated It

Have you ever tried forcing a kid to do something they really hated, like take a bath? If so, then you know just how challenging it can be to force action on someone who really doesn't want to take it. Trying to do something because 'it's good for you' and not because you like it, can have much the same effect. Even being a grown-up and able to be reasonable about just how much you need to do this action can't compensate for intense dislike. If you can't find something you like about what you're doing, you're going to very quickly lose interest and quit trying.



Life Happened

Sometimes the broken resolution or non-achieved goal has very little to do with you. Job obligations, random disasters...there's a lot of external reasons why a resolution becomes impractical.

You Didn't Know Quite What to Do

It's not unusual to make a resolution or set a goal that is simply too vague. This can happen when we start with a very big picture (like "I want to be healthy") that we don't even consider what this goal looks like in real life. Without something you can measure or any kind of plan to reach the goal, you're not likely to get very far.

MAKING YOUR GOALS A REALITY

So how do you set goals that you can stick to, despite all that? It really is easier than you think. **Start by checking out my ebook.**

"It's Your Time: Six Steps To Design Your Greatest Year Ever" is a practical resource where I guide you through six practical steps to designing a successful future.

Get it today and start your journey to your greatest year ever now!