What changes would you like to make for the New Year?

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Now that the holidays are winding down and we begin to look ahead to the new year, this is a good time to reflect on the year that's past and what things would we would like to focus on going forward to have a productive, successful year? Isn't that what New Year resolutions are all about?

It is generally thought that past behaviors predict the future. However, this is only true to the extent that we allow it to be so. We can't change what's happened in the past. However, we can change the way we approach life going forward. This requires changing the way we think, act and react. The key making change is to reflect and make a conscious choice to change the things that are not having a positive impact on our lives.

The following simple questions provide a good starting point:

What do you want to change?
What do you want to let go of?
What do you want to get rid of and avoid?
What do you want to keep and enhance?

You have it within yourself to make changes that will improve your life. All it takes is knowing what you'd like to change, establishing manageable goals, an action plan to achieve your goals, and the resolve and discipline to implement your plan.

I won't sugar-coat it. Change is hard. That's why people keep engaging in the same self-defeating behaviors and it's why folks who are making progress with change slip back into behaviors from the past, getting back to their "comfort zone". Unfortunately, what's comfortable is not always productive or healthy. Never-the-less, if you make a concerted effort to make positive changes and work to achieve your goals, you can overcome the pull toward unhealthy, unproductive behaviors you'd like to move away from and you will be the better for it.