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Start Your New Year's Resolutions in December

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Start your New Year's Resolutions in December! Why wait until January. The 5 stages listed below have been published in scientific literature since the 1960s. These stages can help us accomplish our New Year's Resolutions!

Every resolution, big or small, evolves in stages. We can have many resolutions or just one. Resolutions come in many forms. To be a better listener with our kids, to stop smoking, to read the newspaper more, to keep a neater desk, to lose weight, to eat more veggies, to sleep more, to get fit, to be nicer to your kids, to smile more. The list goes on. Read through the following stages. Where are you with your resolutions?

Stages of Readiness

1. Pre-contemplation You are not even aware that you want to make a change or you are just not ready.

2. Contemplation You begin to think about doing something about it. You have learned about the illnesses from using tobacco. Like the stuff can kill you. Your office partner makes a comment about your messy desk. You notice your tummy hanging over your belt. You are in the thinking process!

3. Preparation You begin to collect tips on how to quit. You start looking at how others keep their desks neat. You look in some office stores at desk organizing systems like desk trays and file cabinets. You start reading food labels. Wow, there really is a lot of hydrogenated fat and calories in those cookies.

4. Action Ready...Set...Action. Just like in the movies. You take an action. For a New Years Resolution it is best to take small steps and keep moving in the right direction. You smoke 4 less per day. You start wearing a patch. You try washing off the nicotine from your fingers. You wash all your clothes. You buy a new a new shirt or a new skirt and refuse to smoke when wearing that item. You buy a file cabinet and start putting papers away. Now you have an "inbox" and a "finished – box" on your desk! You start doing a 10 minutes walk every morning. You completely eliminate donuts and candy from your diet. At lunch you have an apple.

5. Maintenance Now you are sustaining your New Years Resolutions day to day. You are keeping your desk neat and organized. You have received a raise due to your new level of productivity and your office partner has given you a compliment on how your desk is so neat. Miracles do happen! You don't smoke at all now. Each day you are feeling less and less crazy. You are certain that you are going to make it. You have been doing your 10 minute walk every morning before breakfast in the cool air when the skies are clear and you can see the stars. Your level of stress seems to be more under control. You have lost two pounds. You feel better. Your blood pressure is down. Your posture has improved. Your neighbor has said that he thinks you are looking very physically fit. "You are looking good. Have you lost weight?" What stage are you at with your resolutions? Now is the time to get started.

