

Forget New Year's Resolutions

by Steve Dudley 03.02.06

Why do we, year after year, make unreasonable promises to ourselves which we know we can't keep, especially when the inevitable failure makes us miserable?

And we're talking here about those of us who have a genuine desire to improve ourselves. Most folk don't even bother to try. So what a shame to set ourselves up in such a counter-productive way year after year. No wonder we begin to believe that it's impossible to lose weight or give up smoking.

"But it's not!" says Lysette Offley of Sounds Positive Hypnotherapy. "You just have to look at the challenge from a different angle. After all, we know already if we keep doing the same thing, we'll keep getting the same result.

"If we never go to the gym, why would we suddenly expect to work out 5 times a week? Or stop smoking after years of feeding a nicotine addiction? Especially when we've already failed to do so each January for the last several years?

"We need to do something different if we want a different result. So how about really thinking it through and making a plan of small, achievable steps to accomplish the goal? And then TAKE THAT FIRST STEP! That might mean a visit to the doctor or a trip to the hypnotherapist.

"It's always easier to accomplish a goal by doing something rather than not doing something.

"Focus on how good we'll feel about making the kind of promise we can keep. Get some support. It's no coincidence that there's a much higher success rate for people who enlist the help of a hypnotherapist who can teach us to utilise the way the brain works to achieve results.

"And if you really want to achieve that goal, forget about failing to achieve it on January 1st. Forget New Year's Resolutions. Do it now."

For more information visit: <http://www.soundspositive.com>

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