

How About a New Year's Resolution Revolution!

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As we say goodbye to 2021 and imagine what the future could hold, let's explore the good, the bad, and the impossible about New Year's resolutions, and start the new year with a more compassionate and sustainable way forward. Let's start a New Year's resolution revolution and begin 2022 by setting ourselves up for success and happiness by becoming the hero in our own lives.

Let's get real about New Year's resolutions. First, the good news. Those of us who make plans to drop that excess weight, get in better shape, kickstart that career move or initiate any other life change we've been contemplating, are more likely to achieve that goal if we make this promise to ourselves at the beginning of the year than at any other time on the calendar. Now, the bad news: by the end of February, it is estimated that 80% of New Year's resolutions either fail or have been abandoned.

The challenge of change

While there are as many theories about why New Year's resolutions fail as there are New Year's resolutions, there's one main underlying reason why our best-laid plans and intentions fall apart: we are unrealistically tough on ourselves. We place a lot of pressure on our willpower to carry the weight of what change demands, even though more often than not, we know that we are setting ourselves up to fail. Here's the thing about making changes in our lives: if making changes were as easy as resolving to change, we probably would have already done it!

The real challenge in making change is to shift the way we think — not only about how we will stick to the changes we want to make — but changing the way we treat ourselves when we are making an effort to change. Rather than struggling with harsh restrictions, unsustainable goals, and relentless self-criticism in our moments of vulnerability, what if we were to shift the paradigm? What if, this year, rather than overburdening ourselves

with harsh and impossible goals, we make just one New Year's resolution: to become the hero in our own life!

Becoming the hero in our own life

Before we can become a hero in our own life, it's important that we understand what a hero is and does. A hero is someone who shows up in times of trouble, and hangs in there, even when the going gets tough. A hero has compassion for someone who is struggling against the odds. They stay the course. They are not derailed by setbacks or seemingly impossible odds. A hero has faith in their skills and ingenuity to carry the day, restore order in times of chaos and affect meaningful, lasting change.

A promise to yourself

What would change if I were to become the hero in my life? That's a great question. The answer: just about everything! Becoming the hero in your own life is making a promise to yourself, making a new deal, to be kind, brave, and confident in who you are and what you can achieve.

If you were to become the hero in your own life, you would show up with compassion for yourself when you've had a tough day. Rather than be hard on yourself when you go off course and overdue it with comfort foods or other indulgences, or engage in numbing behaviors, you would forgive yourself and look for ways to make healthier choices in the future. You would begin to set healthy boundaries around work and the demands of others, and take care to limit what drains you

of your energies and leaves you with little time to relax and recover from the wear and tear of your day.

Faith in you

As the hero in your own life, you would have faith in your skills, creativity, and resourcefulness to meet new challenges. If you found yourself physically or emotionally in need of support or interventions, you would make finding the support you need a priority. You would stay connected to your feelings and bring in supports if you find yourself struggling. You would cut yourself some slack and know when to give yourself time to rest. You would stand up for yourself, and make sure to factor joy, connection with others, and fun into the equation of your life. Most of all, rather than feeling daunted and taunted by your own self-judgment and inner critic, you would become your own best friend, confidante, and cheerleader.

Aligning with your highest and best

Becoming the hero in your own life aligns you with your highest and best. When you

become the hero in your life, you shift the paradigm from self-scrutiny to self-confidence. You become more present and self-aware. You bring in compassion for yourself and become more connected with your emotions. You bring in better self-care. You build resilience by making your faith bigger than your fear, and in doing so, find the courage to try new things, to grow, learn and set new goals. And you begin factoring yourself and your happiness into the equation of your life by making time for the social connections, activities, and interests that bring you joy and happiness.

With a hero like you

With a hero like you by your side, just imagine the possibilities! As we say goodbye to the year that is winding down and look forward to the future, remember, that you are worthy of love, just the way you are. But if you're considering making just one resolution consider making the promise to yourself to become the hero in your life!

Wishing you a healthy, happy, and fulfilling new year!



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About the author

Dr. Monica Vermani is a Clinical Psychologist specializing in treating trauma, stress and mood & anxiety disorders, and the founder of Start Living Corporate Wellness. She is a well-known speaker, columnist and advocate in the field of mental health and wellness.

*Her upcoming book, **A Deeper Wellness**, will be available for pre-sales in January 2022, and her in-depth online self-help program, **A Deeper Wellness**, offers powerful mental health guidance, life skills, knowledge and healing, anywhere, anytime. <https://www.adeeperwellness.com/> <https://www.drmonicavermani.com/>*

