

Pick One Thing

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I don't know why I bother? I can NEVER stick to my resolutions!!

Eventually she shared the resolutions she had abandoned for the last few years - lose 50 pounds, save twice as much for retirement, exercise every day, write a blog post every morning...and the list went on.

My client was feeling hopeless, like many of us do at this time of year, about our ability to make changes in our lives. Part of the problem however, was that she was trying to make a complete life makeover all at one time, and her goals were set because she felt badly about herself, not because she wanted something different.

- 1. Prioritize.** Pick 1 thing. Only 1 thing. It can be what is most do-able. It can be the item that will best help move your other goals. It can be the one your buddy wants to do first. It doesn't matter. Pick 1.
- 2. Be specific.** If your goal is to lose weight several things can affect this, so pick one focus. For example, you may set a goal to exercise twice a week for 20 minutes each time. Whatever you decide, choose a specific goal that is a behavior you can do. And understand that narrowing this down is a bit like doing an experiment, so you may need to change parameters as time goes on.
- 3. Be realistic.** Instead of committing a hour a day to your new goal, maybe set aside less time on a couple of days in the week. If you do more, fine. But you're more likely to meet your target without being hard on yourself if you start slower.
- 4. Find a buddy.** Your buddy doesn't necessarily have to be working on the same goal, but you do need a regular time to check in and see how each of you is doing. It's easy to hit the snooze instead of getting up if you're on your own, but if your buddy expects to see the weekly blog post you're working on, you're more likely to get out of bed.
- 5. Expect slip ups.** Changing things takes time. You are starting an experiment. Slip ups happen. Understand this is part of the process and try again. The goal is not to be changed permanently at once. The point is to try again. And you may need to change the experiment as you go along.