

## A chance to start again

The new year provides an excellent opportunity to change your life for the better.

Most of us can stand an excuse to make a change for the better. We really shouldn't need an excuse, of course – the mere desire to excel should provide an excuse by itself – but the natural rhythms of our lives make it so the dawning of a new year is an good time to make a change.

So, here's your question: what would you change about your life, and what's standing in the way of you doing it – today?

Most of the time, New Year's Resolutions get cast by the wayside before January is half through. Some Resolutions manage to stick around for a while, and a very few will succeed permanently.

And the usual reason why Resolutions fail is that people make three basic mistakes: they don't think their Resolutions out clearly; they don't conquer the stumbling blocks that stand in the way; and they don't commit to it – in other words, they do it "willy-nilly."

For a goal to succeed, we should determine where we want to go and what stands in our way, what paths we can take to overcome those obstacles, and then commit to making those changes for the better.

We are all capable of making these changes – if we commit to accomplishing them one challenge at a time, one day at a time.

Each New Year brings with it the promise of a new slate – leave your old baggage behind, and commit to making a change for the better with the dawning of the new year.

Now, on a personal note, this piece concludes 8 years' worth of this weekly feature. Thank you for coming to this site and reading Monday Morning Motivation.

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