

# Seven Reasons Why New Year's Resolutions Fail and What You Can Do To Succeed

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Here we are again. As we stand on the cusp of a new year, the week between Christmas and New Year's, this period offers a precious window for reflection and recalibration. While it's tempting to view the new year as a clean slate, ready for our aspirations, the reality usually involves goals not accomplished, and continuing work on longer-term goals that transcend calendar years. Whether it's advancing in our careers, nurturing relationships, or pursuing personal growth, life unfolds.

The new year serves as a natural checkpoint to assess our progress, celebrate achievements, and identify areas for growth. We met some goals, while others fell by the wayside. Many have sworn off New Year's resolutions altogether, citing years of failed attempts.

However, New Year's resolutions still hold value for most of us. True "resolutions" stem from personal conviction, not external pressures or vague expectations. They signify a genuine desire for change, backed by commitment and a concrete action plan.

Yet, despite our best intentions, New Year's resolutions often falter, with studies suggesting an 80% failure rate. Why? Here are seven common pitfalls:

**External Influence:** Resolutions others impose lack the intrinsic motivation needed for success. Whether quitting smoking for a partner or embarking on any other resolution, genuine commitment arises from personal conviction. Solution: Decide for yourself what you want to change about your life.

**Unrealistic Expectations:** Goals like weight loss can be derailed by unrealistic expectations set by media portrayals or quick-fix promises. Solution: Sustainable change requires realistic goals and a long-term perspective.

**Lack of Strategy:** Merely resolving to cut back on habits like drinking may overlook underlying issues that demand a more comprehensive approach. Solution: Identify effective strategies is crucial for lasting change. Make sure your goals that are resolvable with the resources you have or acquire other resources to accomplish your goals and give yourself a realistic time line for accomplishing your goals.

**Overwhelming Scope:** A laundry list of resolutions may highlight areas for improvement but are unaccomplishable without focus and direction. Solution: Meaningful change arises from targeted efforts rather than scattered intentions. Use a strategic approach like SMART goals.

**Lack of Accountability:** Verbalizing resolutions without written plans or accountability measures can lead to forgetfulness and wavering commitment. Solution: Clear goals and regularly assess your progress. These progress assessments are essential for staying on track.

**Absence of Concrete Planning:** Even written resolutions may need more specificity to move them from vague aspirations to actionable goals. Set concrete and measurable goals, along with objectives matching various stages of goal accomplishment. These components serve as a roadmap and criteria for progress along the way.

**Fear of Vulnerability:** Keeping resolutions private may shield us from embarrassment but denies us the support and camaraderie of others. Solution: Share your goals with people who support your continuous personal development. Doing so fosters accountability and opens doors for collaboration.

Common New Year's resolutions, such as weight loss, financial management, or personal development, often require time and sustained effort. While goals may extend beyond a year, progress is achievable with dedication and perseverance.

In conclusion, while New Year's resolutions may carry a stigma of failure, they remain potent tools for personal growth when approached with sincerity and strategic planning. **Note: This article has been revised and edited from its original version, which was previously published in 2010 on this site. The content has been updated for clarity and accuracy.**

*After exploring how and why New Year's resolutions often falter, it's clear that achieving lasting change requires more than just good intentions. It demands a deeper understanding of ourselves and a commitment to nurturing our self-worth and confidence. That's where "Building Self-esteem: A Workbook" comes in. This dynamic PowerPoint-type presentation offers a structured approach to self-discovery, providing thought-provoking prompts, insightful questions, and instructions to guide and empower you toward a more positive self-perception. With your new understanding of how and why resolutions fail, you can embrace the tools within the workbook to work toward meaningful personal growth and transformation.*

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