

COSMOPOLITAN

AUSTRALIA • JANUARY 2018

CRUSH YOUR LIFE GOALS

- ✓ Buy a house this year
- ✓ Sort your money sitch
- ✓ Get a strong bod

HOW TO
BE THAT
HAPPY
COUPLE

ELLE FERGUSON

From blogger to
business mogul
to our Woman
of the Year

BOOM!

Four moan zones
that'll hit the spot

INSTANT SUMMER

12 perfect pieces
for holiday chic

SEXY, SINGLE AND LOOKING FOR LOVE

The hottest ever
Cosmo Bachelors
(you're welcome)

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DAY TO START

Lose weight

Save Money

Meditate

Read more

Go to the gym

Drink less



**NY RESOLUTIONS
ARE SO 2017**



In 2018, I'm giving them up! Who even keeps them anyway?
Morgan Reardon explains why NY resolutions are BS

► If I'd stuck to my previous New Year's resolutions, I'd know how to play the guitar, have completed a course in self-defence, mastered fluent Italian and sign language, and be mending my own clothes instead of waiting until my next visit with Mum. Oh, I'd also have lost around 10 kilos and embraced an overall healthier lifestyle with less alcohol in it. Thing is, I've never really been able to stick to my resolutions *sips prosecco*.

In fact, the only resolution I ever kept was learning to ride a bike as an adult – yes, you read that right – and I only did that because my former editor found out about it and made me learn for a story. If I wasn't getting paid for it, that resolution would've joined a long list of other skills I never quite managed to get around to acquiring. Sound familiar? Well, breathe a sigh of relief because it turns out you and your unused treadmill/eHarmony membership/nicotine patches are not alone. According to research by the University of Scranton in the US, a staggering 92 per cent of people who set New Year's goals never actually achieve them.

SO WHY DO WE DO IT?

Despite my complete lack of effort in completing my resolutions, every single year on January 1 – usually while hungover, regretting



the previous night's choices – I go about writing my list of new goals for the coming year. I do this, all the while knowing I'm unlikely to ever make a dent in them. A quick poll of my friends revealed that most of them are avid resolution-makers too, but few actually complete any of them. They ranged from the standard 'lose weight' to the mammoth 'start a business'.

According to a survey from Finder.com.au, in 2017 the most popular resolutions included paying off debts, getting a handle on spending and focusing on a new career, with one in six hoping to start a new job in the new year. It sure sounds impressive, but the same survey found that by the end of January, more than a third will have broken their resolutions and by July, four out of five will have lapsed. The most common reason for this failure? Not tracking goal progress. So with this in mind, why do we set these resolutions? 'It's often to compensate for the unfulfilling feelings that probably emerged during the holidays from overeating, overspending and under-exercising,' says human behaviour expert and author Dr John Demartini. 'Most people put unrealistic expectations on themselves, set by temporary external motivations that are only briefly driving them, and within three weeks they go back to their normal habits. If the resolutions were truly important [to them] they would already be doing them or would continue to do them.'

A CASE OF THE GUILTS

A-ha moment! We're actually only making these resolutions because we feel ashamed for eating so much pav at Christmas? It's no wonder the motivation to keep them up fades so quickly. It turns out that not only are our unrealistic goals putting extra pressure on us, they



are also pretty unhealthy. Made a resolution to shed 5kg because you want a body like your fave fit-fluencer? That's where you're going wrong, says Dr Demartini. 'People who compare themselves with others unwisely set goals that are not truly theirs and then wonder why they can't sustain them. Only intrinsically meaningful goals are wise to pursue.'

REAL TALK

Before you go ripping up your resolution list or chucking your 2018 mood board in the bin, stop. We're not saying you shouldn't have dreams – you just need to add a sprinkle of reality to them. Instead of making huge resolutions that end up in the too-hard basket, set mini goals instead. 'Break them down into baby steps so they can lead you to big dreams,' suggests Dr Demartini.

First, define what you want to change. For example, instead of saying you want to 'get fit', change it to 'I want to walk five kilometres, three times a week' – that way it's clearly defined and harder to simply shrug off. Instead of quitting sugar/alcohol/online shopping/*insert your vice here* and going cold turkey, try to cut back at first, and then as the year goes on, increase your level of commitment. You'll be surprised by how much you can actually achieve when you change your way of thinking.

'Set real goals in real time with real action steps that have real meaning, and you will build momentum and elevate your self-worth,' says Dr Demartini.

I'll drink to that! (And then I'll cut back on my weekday drinking...) **0280**

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