

Making Your New Year's Resolutions Stick!

The **BE** - **DO** - **HAVE** Model

By: Dr. Brandon Crouch

With each New Year there are new beginnings and new opportunities for all of us. It is a time that many people around the world vow to reinvent a better version of themselves or to turn their lives in a more positive direction. That is why the New Year brings hope to so many. The only problem is that many resort to their old ways before they get out of the first month.

This year when you make your New Year's resolutions consider using the "BE-DO-HAVE" model. (Especially if you have had the same resolution for the past 2 years and did not keep it!) The BE-DO-HAVE model is simple. In order to HAVE the type of life you want (whether that is to be a non-smoking life, a healthier life, a better relationship life) you first have to BE that person. (Stick with me and I will explain.)



The reason most people fail at their New Year's resolution are because they never truly decide to BE the person they want to become. Since smoking is probably one of the most common New Year's resolutions we will use that as an example. Most smokers I know that make that resolution think of themselves as a smoker who has quit. They also keep track of how long it has been since they last smoked versus keeping track of how many days they have been smoke free.

If you ARE a non smoker then you will always have one or more reasons not to smoke. For example, I do not smoke. My reasons are that I know it will hurt my health and I know it will make my clothes and breathe smell badly. If you think of yourself as a smoker who has quit then in the back of your mind you will always think of what you enjoyed about smoking. Soon enough that enjoyment will seep into your mind and from there it is a slippery slope to failure.

You see, it is all a matter of perspective and thinking. If you will first **BE** that person then you have already won the battle on your New Year's resolution. The makers of the largely popular "The Secret", state that to change your life it all starts with you and your thinking. According to "The Secret," our thoughts and feelings attract a corresponding energy to ourselves. If our thoughts are negative, we attract negative things. If our thoughts are positive, we attract positive things. The essential message of "The Secret" is that we all have the power to determine our own destiny. We can all create our own reality. Through fully and consistently applying the "law of attraction," we can be who we want to be and have everything we want to have. To **HAVE** the life you want (a non smoking life) you first have to **BE** that person (think the way a non smoker would think!)

Interesting enough, when people decide they will make a change the chances are good

that they will! Research from the March 2006 issue of the Journal of Consumer Research showed that when people predicted that they would do a socially good deed (such as recycling), the chances of them actually doing the good deed increased. Obviously it is not enough just to think of yourself as a non-smoker. You also have to **DO** the things a non smoker would not do. A list of things I would not do as a non smoker would be: to carry a lighter; take breaks or be around others who are smoking; buy cigarettes for a friend or family member; etc. If you do the same things you did while you were a smoker then the temptation is always there for an easy return.



In addition, to ensure your success make short and long term goals for the NEW YOU and reward yourself when you meet them! A short term goal can be after one month of BEING smoke free I will treat myself to a massage! You can change it every month to something else you love to do but don't get to do often. (The money you save in cigarettes will pay for it!) A long term goal could be after one year of BEING smoke free I will treat myself to a 3 day getaway! Make each milestone a celebration!

Make your new year's resolution work for you! BE the new you and enjoy each goal you hit! Make this resolution a success. This year once you finally start that New Year's resolution STOP thinking of it as your New Year's resolution and START thinking of it as the NEW YOU. If you will first **BE** the person you want and **DO** the changes necessary to be that person then you will be that much closer to **HAVING** the life you want! Make this year the best one yet! It all starts with **YOU**!



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