

LEARN. KNOW. GROW

GHULAM SUMDANY DON

Professional corporate trainer
and Chief Inspirational Officer
at Don Sumdany Facilitation
& Consultancy



Why New Year's Resolutions Don't Work

As the new year has been welcomed, the most common thing many of us did is setting up New Year's resolutions. As much as we love to have a target set for the coming year that will help us to be a better version of ourselves, more often than not we can't seem to stay focused as the year progresses, and all our plans also go in vain. Let's look at a few reasons why New Year's resolutions don't work.

1. IT'S ALL ABOUT THE 'PLANNING':

New Year's resolutions are nothing but just plans that we make to do things. And that is the biggest problem of this, we just plan. Very few of us execute this in reality. That is why, most of the time, we fail to follow through the resolutions.

2. THERE IS NO MOTIVATION TO COMMIT:

Contrary to when you plan a small timeline for your goals or set yourself up for a reward, when we set a resolution for a coming year, in the back of our mind, we feel we have the rest of the year to achieve these goals. Because of this mindset, we keep delaying everything, and in the end, nothing happens.

3. TOO MUCH PRESSURE:

There is a lot of pressure on us when we set a New Year's resolution. We tend to worry all the time whether we will be able to get

through all the resolutions at all. This pressure gets to us at times, and we give up.

4. NOT WALKING THE TALK:

It is understandable that with the hectic life of Dhaka, it becomes very difficult to follow through our plans. But it's always a big game when we plan out to do something, but not many of us manage to walk the talk when needed. Not following through on what we plan is the major reason for failing to keep resolutions.

5. WE DON'T HAVE THE RIGHT MINDSET:

We often set resolutions based on what people expect from us. We don't set goals that are necessary for our wellbeing. Someone called you fat so you set your resolution of losing 20 kilos in the coming year. But you might be completely satisfied with your appearance, and only someone else's opinion of you has made you set this goal. In which case, there is very little reason for you to actually follow through, and the opposite is much more likely.

So, all I would advise everyone is, don't think too much into setting New Year's resolutions because everyone around you is doing so. Change comes from within. When you are ready, everything will fall into place. Till then, just reminisce the year that just went by, and welcome the year that is coming your way.



Don't Miss
the Emotion
Enjoy It
the Most!

WRITERS WANTED

Food, travel, fashion and all that's trending in between — do you have a knack for writing about these? Or, do you yearn to let the masses know of a niche local festivity? Come join us at Star Lifestyle, one of the largest circulating lifestyle magazines in the country, and have the readers get a taste of your work!

To join us, you must have an equal fluency and command over both Bangla and English. While we are open to all writers of all levels, our preference will be for those who are well versed in Bangladeshi culture, current economy and festivities, and are over TWENTY YEARS of age.

Our writers are also expected to carry out researches on various topics of interest, do reviews and conduct interviews of experts in diverse fields, and be capable of commuting to weekend event coverage within Dhaka.

To apply, send an email to iris@thedailystar.net with your CV including your contact details, and mentioning your forte and how your specialisation can help Star Lifestyle. **Also include a 300-500 word write-up on any lifestyle or related topic of your choice. Content must be original and cannot be plagiarised in any form.** Further queries are also welcome.

We are also looking for recipe writers who have original recipes and can express them in modern English with proper instructions that can be easily followed. **Send your recipes to raffat@thedailystar.net, recipes must be your original.**

NOTICE

As we have updated the criteria for selection, our deadline has been extended. Those who have already sent in their CV-s are welcome to send in sample write-ups as mentioned.

Extended Deadline: 28 February, 2019

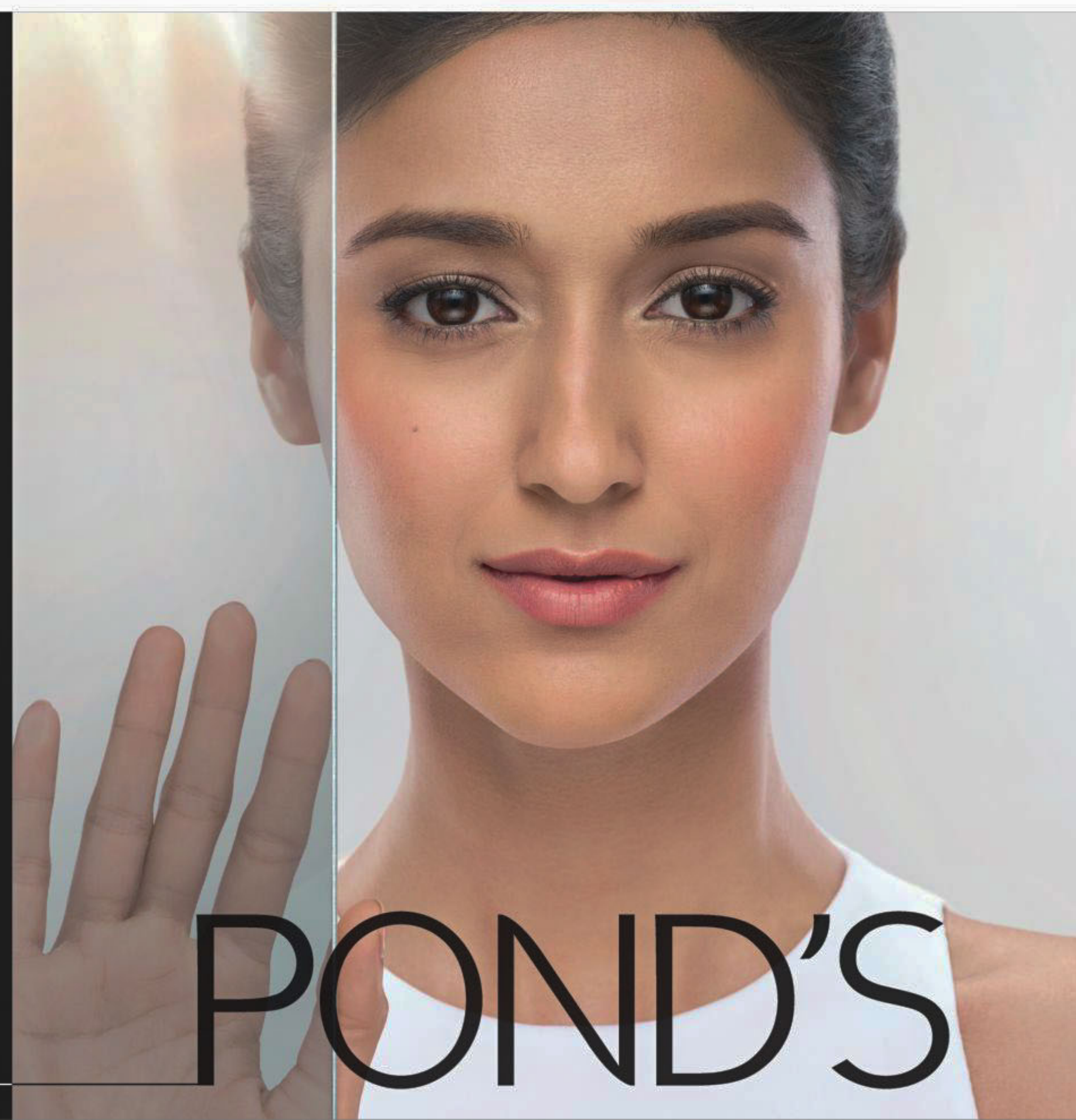
Stubborn
dark spots reduced

For Spot-less Fairness.

WHITE BEAUTY™ fairness cream



A WHITENING BREAKTHROUGH BY THE POND'S INSTITUTE | PONDS.COM



POND'S