

## 2015 NEW YEAR'S RESOLUTIONS AT WORK



Whether you're a terrified, confused college student or a young professional wondering about the next steps to take in your career, here are five foolproof resolutions for the new year. They are designed to keep you feeling optimistic and energized, ready to make choices that reflect the real you.

The trick to resolutions, of course, is to set in motion a system to keep you honest (no insult intended, but reality is reality). So, once you've read over the list and decided that it would be a good thing to follow these simple resolutions, immediately identify the person you can count on to check up on you and tell you if you seem to be slipping with your regimen. Then, before you do anything else, call or otherwise communicate with that person. Then you'll be ready to start. Here's a factoid relevant to resolutions: Psychologists tell us that you can break a negative habit or inculcate a new positive one in yourself if you follow a new routine religiously for 21 days. So promise yourself that no matter what, you will stick with these five items for three weeks. After that, the good behaviors will be habitual and you can probably carry out your resolutions on automatic pilot.

So here goes:

I PROMISE THAT FOR 2015 I WILL TAKE CARE OF MYSELF AND MY CAREER BY DOING THESE THINGS EVERY DAY:

- I will make my work and/or study match my dreams in one way or another – by doing things I love to do, by being with people I care about, by learning things that really interest me, by being involved with causes or organizations I value.
- I will appreciate my own skills and positive qualities – noticing and giving myself enough credit when I do things well.
- I will connect positively with people, either in person, by phone, by email or by mail.
- I will learn something new and take the time to savor it.
- I will stay positive and live fully in the present. At the beginning of each day, I'll make a list of three things I'm looking forward to for the day. At the end of the day, I'll make a note of the best three things that happened during the day.

(Hint: Keeping a list of your morning and evening responses is helpful and instructive during your "getting started" process.)

Simple, or what? Try it for three weeks, and you'll never give up the feeling that you get of high purpose, self-appreciation and being "on track." Happy New Year – 2015 is going to be a very good year for building a career!