



Greater New York Chapter
42 Broadway, Suite 1724
New York, NY 10004
212-619-1400
f: 212-619-7409
www.als-ny.org

First-Class Mail
U.S. Postage
PAID
New York, N.Y.
Permit No. 7566

A NEW LOOK AT RESOLUTIONS

It's that time of year again-looking towards January 1. Many of us feel compelled to make resolutions- to engage in a time-honored ritual and use the flip of the calendar as a trigger for change in our lives. No doubt this strategy works for many, but if you're one of so many whose New Year's resolutions turn out to be not quite so...resolute, here are some thoughts which may help you make REAL change.

First, try taking the artificial pressure off of New Years. Make resolutions at other times of the year when you may be more likely to follow through. A life coach once suggested breaking the year up into 3-month chunks and setting 'intentions' for each block.

This brings me to the next idea- resolutions or intentions should be attainable and measurable. An obvious example is not to say, "I will lose weight", but "I intend to lose 20 lbs by March 30. OR, instead of saying, "I will improve my relationships with my co-workers", try "I will check in with my team every Friday and we will evaluate together what supports, if any, I can offer."

Another method of making your goals more realistic is to honestly assess why you've not been able to implement them thus far. What are the obstacles and barriers which have traditionally kept you from achieving this goal? Especially important is to ask yourself what you need to learn, to do differently, to make this time a charm.

A fun way to improve your chances of meeting your intention is to tie it into holiday gifts. Again, if your goal is weight loss, request a blender for healthy shakes or gift

cards to a local healthy eatery or store. If you want to learn relaxation techniques, request a relaxation DVD or tape.

That brings me to the last tip. Visualize the benefits of your goal: Learn to really envision the outcome of this intention. What will you feel once this becomes a reality? If we think of the previous workplace example, will it make you happier to go to work in the morning? Can you appreciate the way it will feel to strengthen connections and have more cooperation, to experience the absence of tension throughout the workday?

We wish you strength in moving towards your goals. If anyone has additional tips, feel free to share them on our blog.

ONE RESOLUTION YOU SHOULDN'T FORGET TO MAKE: A year-end donation to The Greater New York ALS Chapter.

Join us in our commitment to:

- fund aggressive, cutting-edge research;
- advocate to increase government funding of research and legislation to make treatment accessible for all PALS;
- continue to provide compassionate care for PALS and their families in our community.

To make your gift, please contact Janet Diminich at 212-720-3060 or email: jdiminich@als-ny.org