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Tips On Making And Keeping Your New Year Goals

What is it about New Year goals that causes so many people to make and promptly break them? Have you made any resolutions for this year? If so, what can you do to ensure that you are one of the minority of people who actually see them through to completion?

The first thing to get right is the way you make your New Year goals. Keep your list short - very short and very focused. A list of just one or two resolutions is NOT too short and it will be much easier to focus your whole attention on achieving them. Choose only those resolutions that are challenging and that you will feel a burning desire to achieve. Cut out anything you feel luke-warm about, or anything that does not present you with a challenge.

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