

# The “New Years Resolution” Ritual

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Although I was raised in Congo (formerly Belgian), there is a tradition I faithfully follow from my native Belgium, namely “The New Year Resolutions” ritual. This is something I learned from my parents, both from Belgium.

As the New Year is getting closer, I review what the year about to draw to a close has given me and start to think of what I want the New Year to bring me, very similar to “what I want from Santa” here in Canada, except that this is a very precise list of what I want the New Year to give me over the next twelve months.

This is very much like the “Year End” ritual of a business! As the books are getting ready for the accountant, there is a review of how things went and an evaluation of the direction that was chosen previously. Then comes the new vision concerning where the business is to be by the next “Year End”.

I am fascinated by the “New Year Resolutions” that are taking place. This is a time when people decide what they are going to deprive themselves of. Have you noticed? “Going on a diet,” “Quitting smoking,” “Stopping whatever,” ... the list is long and varied. It is no wonder the resolutions are short-lived.

Through the years, I have discovered that life was not so great each time I did not take the time to make my “New Year Resolutions” list. It is like driving a car: when the vehicle is going into a skid, your car usually comes to a stop to the place you were focusing on. The “List of Wants” steadies the journey of daily life, putting us safely back on the road in spite of the “skids” we sometimes get ourselves into.

I take several weeks to do my list of what I want the New Year to bring me. As I review it prior to the final list, I am often finding that what I thought I wanted was quite different from what I really want. The New Year is a new beginning. Give yourself a chance; go ahead, make your list of wants. Just like in business, give your life a direction that you can look forward to. How surprised will you be to find out this type of “New Year Resolutions” actually works? Your life is your business, treat it as such.

*Anny is a Clinical Hypnotherapist in private practice since 1984. For information on the services and training she offers in this fascinating field, visit [www.success-and-more.com](http://www.success-and-more.com)*

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