

New Years Resolutions Are For Losers...Here's Why

Let's face it. New Years resolutions are for losers and for most people it simply doesn't work. How many times have you heard,

This year I'm going to start a business...

This year I'm going to make more money...

This year is going to be my year...

This year I'm going to lose weight...

This year I'm going to learn another language...

This year I'm going to make my relationship better...

And the list goes on and on...

How many times have you made statements like those above? Millions upon millions of people make these statements at the beginning of every New Year lying to themselves and getting no results. Statistics have shown that 99.9% of them fail or stop doing what they vowed to do by the end of January.

The reason why most people fail is because they haven't figured out what's holding them back internally. If you never discovered your internal blocks you will be spinning your wheels and getting no where.

Resolutions are for losers and sabotages in disguise.

Before you can change your life, you have to change your habits. You have to examine and make a note of your daily habits. In order to receive what you want out of life you have to work on your inner self. Once you are happy with yourself, you will be able to achieve anything.

7 Steps To Achieving A Productive Year Without Resolutions

1. **Stop blaming people.** When you blame people for what happens to you in the past or present your giving away your power. In life it's not what happens, it's about how you respond.
2. **Stop making excuses.** Excuses don't work. It's a waste of time because in the end either your going to make things happen or your not.
3. **Stop complaining.** You are responsible for you and all your shit. My father once told me as a kid, "if its met to be its up to me." I have lived by that motto ever since the age of 17 years of age.
4. **Stop trying to impress people.** Stop trying to impress people in order for them to like you. It doesn't work and it's a waste of time and energy. People will be drawn to you effortlessly once you show your true self, if not who cares.
5. **Stop judging.** Stop making smart comments about people and judging them. It doesn't pay and it's a sign of how you feel about yourself as a person if you feel the need to judge people.

6. **Stop with the need to always being right.** There are so many people in this world with so much pride and can't stand the idea of being wrong wanting to always be right. Some people will even go as far to destroy relationships to be right. It's not worth it and it's a very stressful way to live.
7. **Stop your resistance to change.** Same is lame. Change will help you make improvements in your life and those around you as well. Embrace change, don't resist it. There is a book called *Who Moved My Cheese* that expands more on change.

Once I started making the changes above a habit in my life I became a better person and lived a better life. I made a conscious effort to stop all the bad behaviors and I've never been happier. Whenever I found myself slipping, I acknowledge that behavior and work on adjusting my thought process. We cannot change, fix and improve on what we have not acknowledged.

If necessary, find someone to help keep you accountable and call you out when you slip. This way you will know exactly what made you act in that way. The more you're aware of your actions, the easier and faster you can improve them.

So this year throw the New Years resolutions and work towards the revolution!