

No New Year Resolutions for Me

Year after year, the top New Year Resolutions set (and failed) are 1). Diet, lose weight, exercise, eat healthy, and 2). Save more, pay off debt, budget.

- Jan 1st: I'm going to diet, exercise and lose weight! I'll start tomorrow.
- Jan 2nd: Skip breakfast. Take celery and carrot sticks for lunch (eaten by 1000). Lunch; hit the vending machine. Home and hungry. Snack before dinner and a second plate. (I've been good all day, right?) There's ice cream later. FAIL!
- Jan 3rd: Same food plan. Buy the year gym membership on credit card. FAIL!
- Jan 6th: Pack a lunch and gym clothes. Out for lunch with my office peeps. Leave work early and go to the gym. Eat too well after the work out. FAIL!
- Jan 7th: Too sore to walk. Skip the gym for several days. FAIL!

"Lather, Rinse, Repeat." The typical resolution is a vague goal, with extreme behavior applied for a short period of time, followed by frustration, defeat, guilt, and even shame. Fail! I give up! Diets / budgets don't work. Back to before, with a "get out of jail free" pass until next year. I tried, right?

I'll never forget that hot, dusty summer day with 50+ SM's packed into a small classroom at North Fort Hood, Texas. A great briefing on a plan to become really good with money; I was at my best. Toward the end of the day, a SM in the back of the room raised his hand. He said something like this, "I understand all you're telling me, but come on... Really??? It's not possible to save, have a full emergency fund, no debt, buy cars with cash, and invest for retirement, ...even pay off the mortgage?" (He was really asking, **I can't be good with money, can I?**). I was set back for a minute... then I said, "How do you eat an elephant?" His face lit up as he answered my question for himself.

Set yourself up for success with small, sustainable steps in the right direction. Develop an Action Plan. Set "S.M.A.R.T." goals. **DO NOT BUDGET! Use a "Spending Plan"**. I can help you make it work --- one bite at a time.

If nothing changes, nothing changes. If you keep doing what you've been doing, you're going to keep getting what you've got. You want change? Make some!!

Any questions about ANYTHING PERSONAL FINANCE? Let's talk.



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