

# How to Avoid New Year Overwhelm



Your best chance of achieving change is if that change feels achievable

Remember that January is just another month; the same as any other. Not all of your changes have to be made this month



Giving yourself too much to tackle in one go is simply setting yourself up for failure

Instead of trying to tackle everything in one go, break each of your goals into smaller, more manageable steps



Any changes you choose to make at the start of the year (or at any other time) should make you feel better, not worse

Avoid the 'all or nothing' approach: one slip doesn't make you a failure; it makes you human



Don't add to your stress with gruelling resolutions: change should be gradual, not punishing

Whenever you set yourself the challenge to change, it's crucial to remind yourself of just how awesome you already are, and remind yourself of what you've already achieved in life



Reconnect with your why. Thinking about what's important, and why, will make it easier to keep your motivation alive

If you decide that you don't want to make any changes or set any new goals this year, that really is okay. You're a person; not a computer. You don't always need an upgrade



Be more human.

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