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# Mister Illusion's MAGICTIME



Welcome to the first issue of our Newsletter for your enjoyment and amusement.



## **New Year Resolutions - Are they for you?**

Do you enjoy making New Year Resolutions, or actually the question should be do you keep your resolutions? Did you know that 9 out of 10 people fail with keeping their resolutions. So what is the reason for this?

One of the main reasons that New Year's resolutions fail is simply because you are not totally committed to them. Many people make so many resolutions that it is simply impossible to know where to start. So instead of taking action it is much easier to give up on all of them.

The best way to get around this issue is to find something that you truly want to achieve with all of your heart. This might be to lose 50 pounds to save \$1,000 or to take up a new hobby.

Another way to look at your New Year's resolution is by shifting your perspective of it. Resolutions are viewed as wishes and dreams by many people, and this is another reason why people aren't successful with them.

Instead you want to turn your resolution into a life goal. Goals are more often specific things and desires that you want to achieve. When you tell people what your goal is they are more likely to be supportive. When you say that you just made a New Year's Resolution they often assume that once February hits your resolution will have disappeared.

Be very specific with your resolution and make it based on one thing. This way you will find it much easier to stay on track and achieve your goals. If you goal is a large one that includes a lifestyle change then break it down even further.

Break down a large goal into monthly, weekly and even daily goals. By attaining a smaller goal you are less likely to lose your focus and you will be able to see that you are making progress.

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