



New Blog Post Provides 7-Step Guide To Making New Year's Resolutions That Work

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New Year's Resolutions are very popular at the beginning of the year, yet most of them end in disappointment. Elisabeth Kuhn, Ph.D., of the My Favorite Web Stuff blog offers a 7-step guide to making New Year's Resolutions actually work.

Kuhn argues that broken New Year's Resolutions are far from trivial and do more than cause disappointment. They also erode people's confidence in their ability to keep commitments to themselves. As a result, she says, it becomes harder and harder for them to achieve their goals.

In her article, she offers a 7-step plan that promises a more successful outcome and actually makes New Year's Resolutions Work. Instead of big, exciting commitments that are hard to stick with, she suggests to focus on ones that meet a different set of criteria.

Specifically, she argues that people should focus on making only commitments they are really serious about. They should also make sure that these are commitments they can actually keep, no matter what.

And in addition, they need to make sure they actually keep those commitments.

"That's key!" Kuhn says. "When people keep their commitments, it will build their confidence in their ability to keep their commitments. Over time," Kuhn continues, "they can build on that and achieve bigger and bolder goals."

More details as well as a free guide to unlocking the power within are available on Kuhn's blog, MyFavoriteWebStuff.com

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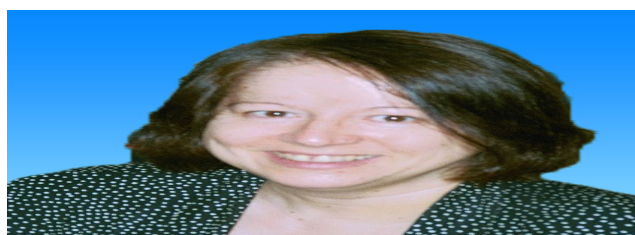
My Favorite Self Help Stuff

My Favorite Self Help Stuff along with My Favorite Web Stuff are blogs created by Elisabeth Kuhn, focusing on health, happiness, and prosperity. They provide advice and resources to people looking to find success online.

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