

Time for a reset? How to make your New Year's resolutions work

January 01, 2016

The Conversation:

New Year's resolutions are set with the best of intentions. But they notoriously fail to translate into lasting behavioural changes.

The new gym membership falls into disuse come February; items forbidden from the new diet sneak back into the pantry by March. Even goals to work less and spend more time with friends and family seem to fall by the wayside almost as soon as the holiday break is over and the brimming email inbox beckons.

But recent psychological research highlights several reasons why these kinds of resolutions might actually work – as well as simple ways to set yourself up for success.

...

An additional set of studies, published recently in the journal *Psychological Science* by the same team, looked into this effect in more detail. In one experiment, participants asked to think about New Year's Day as a meaningful day visited more websites related to goal-support (and spent more time browsing them) than those who were asked to think about it as an ordinary day.

Read the whole story: [The Conversation](#)