

New Year, New Mission

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I don't like New Year's resolutions, not in the least bit. The concept of them is intriguing: with the turning of a new year you are ready to turn over a new leaf in your life. But to be completely honest, the whole thing seems rather shallow. Sure, the new year is an easy start date, if you are a business looking to measure your growth in revenue; but as a human being looking to make some type of change in your life, why would you put off anything of true importance, unless your New Year's resolutions are completely meaningless. Unfortunately, for the vast majority of people, regardless of their intent when they start, their resolutions do become just that, meaningless.

How do such good intentions fall by the wayside year after year? It's very simple: there is no accountability tied to a New Year's resolution. And because there is no accountability, there is no weight given to the resolution, and, ultimately, the resolution doesn't become a priority once it is realized that the person may have bitten off more than they can chew with little effort. That's the key right there, "with little effort". Like I talked about in "The Power of the Pen", if you are going to accomplish something of great significance, you have to be able to break it down into steps that are too easy to not do right now. That is almost always the missing link when people fall short of their goals—they were unable to plan and prepare themselves properly to accomplish what they wanted to. So the accountability and the planning kind of go hand in hand, but regardless of how solid your plan is, eventually the day will come where what you are trying to do is a little more difficult than what you feel comfortable doing. And it will be on that day when your accountability will come in to help you push onward.

So that's why I don't like New Year's resolutions, because the vast majority of the time they are shallow, superficial goals that are poorly planned out and have little to no accountability. All of this adds up to absolutely no positive change in people or society. Now, let me tell you what I do like. I like missions, plain and simple. A mission is something that holds weight, that is diligently planned out and executed, and has only one of two outcomes: completion or failure. That's it. There's no "trying" or "I did it for a little bit". No. You either do as expected and complete your mission, or you fail your mission.

Seems stupid, right? A simple name change and all is solved? But it's more than a name change; it's a complete change in the mentality of how you are approaching your goals. It is a complete change in how you will prepare yourself to go out and attack your work for each day. Not only that, but it is also holds a certain level of accountability in and of itself because there is a distinct title to the outcome. There isn't any middle ground, so there isn't the chance of falling into the trap of having done a job that is "good enough". If you accept the mission assigned to you, the only way to complete it is to stick with it until the job is finished.

I saw a quote earlier this week that said, "When it comes to New Year's goals, be like a postage stamp and stick to one thing until you reach your destination."

This is the same idea. With resolutions it is easy to drop them and move on to the next thing that has taken precedence; with missions all you have is what there is to be completed.

Look, I could have written an article about accountability and different ways to hold yourself accountable—get a training partner, put sticky notes on your bathroom mirror, make a public decree, etc.—but you can Google that on your own time if you want. I would much rather give you a different perspective on which to approach what it is you are trying to do. I would much rather give you the ability to change your mindset on how you approach your goals because that will serve you better in the long run and in everyday life.

At some point in time, every goal you have ever had was of high priority. The reality is, however, that most of people's goals fall to a low priority and then a non-existent priority before they are accomplished. How are you going to stop that from happening? How are you going to ensure that what you set out to do will, in fact, get done? Treat your goals as your mission and have the mindset that what you want to do is what you need to do. Here's to faith, strength, and passion.

Get big or die tryin'.

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