



**WINE AND CONVERSATION:
Why New Year's Resolutions Don't Work
January 17, 2012**

A dozen people got together for our kickoff program in the brand new Wine and Conversation salon series, Why New Year's Resolutions Don't Work, hosted by A Grape in the Fog. Nicole Winkler-Schaefer of Black Sheep Coaching kicked off the discussion by asking us to define just what resolutions really are. "Resolutions are promises to yourself," she explained. "They are often outside your comfort zone and the only way they will work is if you honor the commitment you have made to yourself."

The group observed that the most common resolutions were those to change uncomfortable habits from eating more wisely to spending more time with people you love. "Resolutions are an awareness of something in your life that needs to change," observed Susan Bishop, a hypnotherapist who owns Mind Over Matter. Bishop discussed how important it was for us to recognize our unique core values if we are to understand why we make our resolutions in the first place. "If you can find what those values are, you can figure out what makes you miserable and learn to attach your self-expectations to reality."

Everyone agreed that taking care of yourself is what really matters. The trick is to be willing to get past your own resistance to the resolutions you make. "You have to understand your own values and how they manifest themselves in your behavior," said Winkler-Schaeffer.

Jim Chiangi, proprietor of Fine Line Auto Body & Paint in San Bruno pointed out that the first step to make a resolution real is to know how to make change happen. "One of the best ways to change is to surround yourself with people who do what you want to do. You need to have compassion for yourself. If you try to do it all, you are going to burn out."

"Your brain goes a million miles an hour," observed Bishop. "Living is an art and you need to hone your skills to make whatever changes you believe you need to make."

Resolutions have a better chance of succeeding if they are broken down into small time spans. Instead of saying "This year I will lose 50 pounds," you are better off thinking about how much you will lose in the next week. "If I break it down into small pieces and reinforce what I already know about myself, I have a better chance of keeping the resolution," said Vivian Tracy, who is a local Mary Kay representative.

What do you do when you break that promise to yourself? How do you learn to forgive yourself and still believe in your own power to follow through on your resolutions? Each of us creates the world we want to live in and if we focus on that ideal, we will eventually become the kind of person we hope to be. The trick is to pick realistic goals that reflect your core intentions. If you do that, there is less chance you will disappoint yourself.

When the discussion ended, everyone in the group felt they had put their resolutions into proper perspective. The real issue is not so much what promises we made, but how they reflect who we are and what our life goals really are.

If you missed this very interesting opportunity to reflect on what you want to accomplish in the coming year and how to make it happen, come to our next discussion with local family and marriage counselor Donna Blethen at the helm. We will be discussing our need for romantic relationships. Do they become substitutes for other affirmations we need in life? Don't miss this chance to make your opinions heard and question what kind of love we all need to be fulfilled.

Wine & Conversation: An Intoxicating Salon Series
Are Romantic Relationships Necessary?
February 21, 8 – 9:30 p.m.