

## CHEERS: A Resolutely Different

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### Happy New Year!

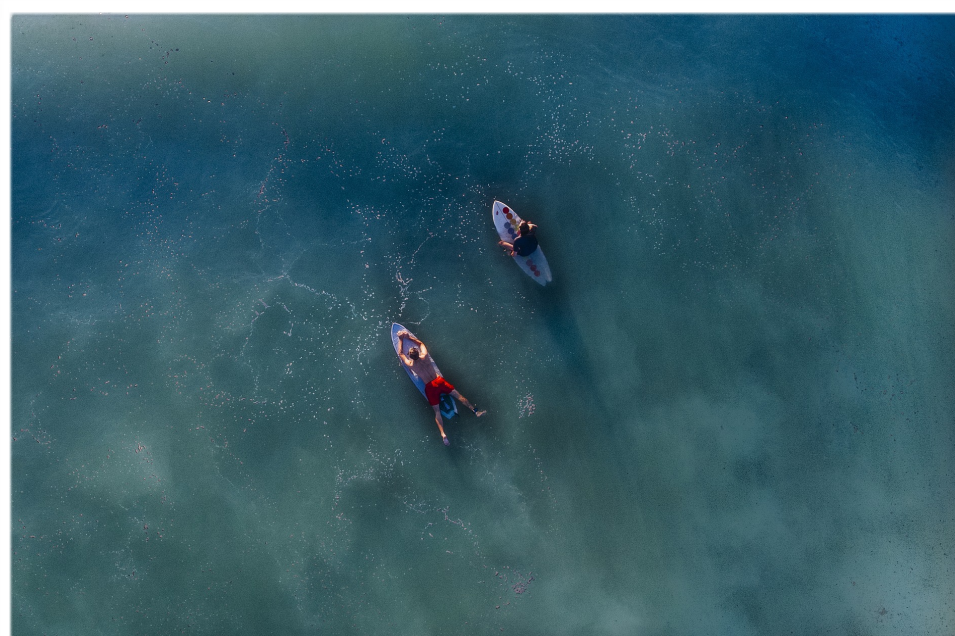
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Suresh Sivaraman



Piyush Sharma



"The wise sees knowledge and action as one; they see truly."

*Bhagwad Gita*

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## Let's be Resolutely Different, this time!

A sheepish grin, endless embarrassment, and an air of resignation. Even as we stoically wade through mounds of "resolution-litter"... We know it's that familiar sight again: The conclusion of the first week of a brand new year!

The gyms have made all their money, so they're grand! Isn't that a thin layer of dust? On those walking shoes? Nah, maybe it's the Yoga mat! Never mind. Where's that choco-muffin, by the way? What, you asking me? About that asparagus, quinoa and spirulina?

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Maybe we'll make a pickle!

Why is it that so many of us struggle to stick to our new year health, fitness and wellness resolutions?

Pause before you utter that helpless cliched refrain "Life just takes over"! For a change, how about saying this, instead?

**"Lemme turn over a new leaf"**

A perfect topic for some animated discussion. Especially, when two coaches catch up over a cup of tea. An interesting "trivia": One of these coaches is an Advanced Yoga Master, and the other is an Energy healer! Piyush and Suresh had great fun with this topic, and are glad to share their thoughts on this annual global level issue. More trivia: "A lot of what's written here is applicable to them as well"! In fact they've taken inspiration from hilarious experiences with some of their own resolutions!

Let's start by looking at five habits that lead to mostly irretrievable "resolution-icide"!

1. 'Stuffocation'
2. All-or-Nothing Waffle
3. 'Reason'-able Paralysis and the art of 'Constraintology'
4. 'Victim-I-Station'!
5. 'Fitting-ctivitis'

Let's explore each one quickly.

"Dream it, Wish it,  
Do it!"

*Unknown*

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### 1. 'Stuffocation'

This is what happens when you **think** you've bitten much more than you could chew. In that heady excitement, it was so easy to sign up for these grand fitness goals. Will figure out the how 'later'...

Oh! Look who's here?: it's 3rd of Jan! Wait, you can trick your mind somehow, right? A costly gym membership, expensive sport shoe, gym-bag... "I've invested so much... I'm bound to stick with it this time"! Fair enough. But as it often happens, it is the "fine print" that can easily trip you up in no time!

What needs to make way, and that too **consistently**, so that you can devote time and energy to your new goal/outcome/change? What will you need to do differently? How much time will you block for this? How feasible is that? How will you keep the momentum, especially at the **fledgling** stage of your change? How do you plan to walk past the creeping doubts? No idea? Your resolution is already a sitting duck. "We'll start from Monday morning"!

### 2. All-or-Nothing Waffle

There's many a slip 'twixt the cup and the lip. All-or-nothing waffle is when we give a free hand to the "inner perfectionist" and complicate things. It's more of a mind-game where we pretend we're unable to proceed in spite of best intentions. We (maybe deliberately)

"There are only two mistakes one can make along the road to truth; not going all the way, and not starting"

*Lord Buddha*

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ignore the easy workarounds and in-between options. “The trainer told me to do 15 repetitions. OMG that’ll take 7 minutes. I’ll do it when I have that much time”. “I’m supposed to walk for 45 minutes. I only have 15 mins available today. What’s the use? Might as well skip, I believe in doing this to perfection (Yawn zzzzz)”! “The best time for Yoga is morning. I woke up late. The End”. It’s All or Nothing, with the latter winning hands down more often than not!

### 3. ‘Reason’-able Paralysis and the art of ‘Constraintology’

“Constraintology” is a high art in itself, especially when seasoned players are at work. “How can I do exercise? I have to cook for the family!” “Are you out of your mind? The elder one has his exams starting in a fortnight. Where am I going to get 30 mins for swimming”? The First Mother & Father of the Universe have spoken! “What will my Boss think if I get up from the seat and stretch a little”? “Where’s the time to go shopping for whole-grain cereals and those darn avocados”? Online grocery shopping, anyone?

It can’t be that hard, isn’t it? When all you do is to keep looking for constraints and dependencies that don’t pass muster? “Option-hoarding” is the name of the game. Who cares for those in-between options, possibilities, tricks, tips and workarounds? With puerile arguments dressed up as “genuine reasons” you’re unwittingly setting yourself up for failure!

“For those waiting with bated breath for that favorite media catchphrase “The U Turn”, I have only one thing to say: You turn if you want to.... The Lady’s not for turning!”

*Margaret Thatcher*

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#### 4. 'Victim-I-Station'!

"Oh Poor me, oh little me"... "There's so much I want to do, but no one's giving a helping hand". This is again a convenient strategy of playing the lily white, ever-sacrificing "injured innocence" act. Maybe it's habit, a fear of change in general, irrational urge to do people-pleasing, or the "what-will-others-think" fixation. Or all of them together. Hardly matters, when you refuse to pick up the gauntlet. In India, we call it the "Nirupa Roy syndrome".

When was the last time you stood up for yourself and drew some bold red lines? No one else (not even spouses and parents) may actually want this change as much as you do! So, get up and talk... for yourself. Publish the new rules of the game. Spread the pain!

Anchoring oneself in "Victim-I-Station" has never worked that well for most people...

#### 5. 'Fitting-ctivitis'

This is a weird variant of the "people-pleasing" fixation. When all your friends are obese and unhealthy, how will it look if you become a fitness-maniac? How will you continue to fit in? Won't they feel let down by your "stand-out-of-pack" behaviour?

"Yeah, we're all like this... make resolutions on Jan 1st and break them in three days". "I have a family pack, not a six pack". "Dad-Bod is The Thing nowadays, where's the Snooze button, please"? Silly misplaced self-deprecatory humour, deliberate self-sabotage, classic underplaying... There are so many ways to fit-in with the "crowd" especially when you've picked the wrong crowd to hang around with!

Fret not! Where there's a will there is a way to recover lost ground and rescue our resolutions resolutely! Check out our Practice Chart for pointers!

**[Practice Chart: S&P CHEERS framework](#)**

"Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind."

**Dr. Seuss**

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