

DON'T WAIT FOR YOUR NEW YEAR'S RESOLUTIONS - MY FIRST YOUTUBE VIDEO

It's January, the month of broken dreams where all of humanity swears to do better but ends up changing nothing.

Ha! I'm sure most content on Youtube titled "My first youtube video" is uploaded in January...

Which is exactly what I'm doing.

(INTRO ANIMATION)

New year's resolutions have the potential to be the great tool everyone is looking for. But no matter how great the tool is, if the person using it never reads the instructions, the process will inevitably be unenjoyable and the result depressing.

For a lot of people, including myself, new year's resolutions have become something to dread, something to avoid. I used to argue based on its bad reputation and lack of results. The truth is, I was just disappointed.

Disappointed in the wrong thing.

Here is the purpose of having a new year's resolution, as well as how to implement it properly...

But first off, what *isn't* a new year's resolution for?

It *isn't* there for you to pick impossible goals other people would be impressed by.

It *isn't* there to pressure you to do everything you want in life in one year.

And it especially *isn't* there just to get your hopes up and then disappoint you.

Rather, here are ways to make new year's resolutions work for you:

01 HOW DO YOU WANT TO SPEND YOUR TIME THIS YEAR?

Don't worry too much about the grand scheme of things or your life's purpose... You change all the time and your goals should too. That's why a yearly check-in with yourself is important. It causes you to evaluate the direction your life is going and to change the direction if you want to.

02 LESS IS BETTER - WHAT'S MOST IMPORTANT TO YOU?

Is it friends, family, your job, world domination or maybe a hobby? Even just having a half-ass idea on what is the most important thing to you, outside of anyone's expectations, is better than having none. The exact amount of topics you have on your list is up to you, but I recommend keeping it simple.

03 WHY DO YOU WANT TO ARCHIVE IT?

Whatever "it" is, even when you have determined a few new year's resolutions, you're not done yet. Instead, think about *why* you need to achieve those goals. Scribble, brainstorm maybe. When you're sure you know where your motivation lays, sum it up in one single sentence and write it on top of your list.

04 WHEN ARE YOU GOING TO ARCHIVE IT?

This is the part most new year's resolutions lack. Of course, the answer to this question is "NOW!", but at the same time, you have to remember that these are year-long goals. Do *start* now, but roughly plan the steps you need to get there. Estimate the *time* you will need to get there.

Double it.

Now you're ready for world domination- I mean, to archive your new year's resolutions!

MY FIRST YOUTUBE VIDEO

As I mentioned: This is my first YouTube video.

It's far from being perfect, maybe even from being good, but I hope you enjoyed it anyway. If there even is a "you".

Something about the lack of motion, the void I'll be shouting into during the next few months or years, feels alright.

Don't understand me wrong, I do hope to find an audience here. But I also want to appreciate the beginning, where all goals seem so big and all dreams so far.

Hope you'll join me so we can sit in the void together.