

# NEW YEAR NEW YOU



Austin L. Peterson, CFP®, MBA | January 20, 2018

[Share](#)

Well, it has been nearly a month, since my last blog post. I tried to take some time off for the holidays and I have also been sick on and off for several weeks, so let's pretend that this blog post went up the first week of January, ok??

My least favorite part of going to the gym in January is how crowded the gym is. It doesn't last long, usually the "resolution gang" as I call them has stopped coming by about the beginning to middle of February. The real problem is not that resolutions don't work, it is usually that these individuals set a goal that is pretty lofty and they do not have a clear plan to follow. Then when results are not being achieved as quickly as they think they should be, they get discouraged and quit coming to the gym all together.

The same thing can happen with financial resolutions. One decides at the beginning of the year that they are going to save more, or they are going to spend less, or maybe even both, but when they see something they feel like they absolutely have to have, or a car breaks down, or the washer breaks, the plan goes right out the window and they don't get back to it.

All resolutions or goals need to have a solid plan to be able to achieve them. The plan needs to be flexible, they need to be reviewed often and updated for changes that come along in life. It doesn't matter if it is your business plan, your weight loss plan, your financial plan or any other plan, these are important principles to follow. I would also add that each of these plans should include somebody to hold you accountable. Not all plans require you to hire a professional, but each of them should include somebody to keep you on track.

If you feel like you are completely set with any plan in your life, I encourage you to seek out a second opinion from someone you can trust and that has some expertise in that area. That outside person will more than likely point out some things that you have completely missed or give you a new way to look at things in an effort to stretch yourself. We, as human beings tend to put limitations on ourselves and believe that we can achieve way less than we are actually capable of achieving.

Let 2018 be the year that you stretch yourself to be the best version of yourself yet and then when you do, set higher goals for 2019. If my team and I can be of assistance in any way, please let us know.

Happy New Year!