

MEET-AND-GREET



Georgetown native and author of *The What If Girl*, Lisa Monks, signs a book for Bonnie Kypros at the Chapters Indigo located at Georgetown Market Place this past weekend.

The What If Girl By Lisa Monks

To The Girl

Who's had her heart broken
still believes in love
Who feels loss so deeply
her forever
Who is determined to be
be reckoned with

Peter Richardson/Photo



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Q: Why do resolutions seem to fade after only
a few weeks?

A: For many of us, January 1st is when we reset our
behaviours. Whether you are desiring to lose weight,
stop procrastinating, or learn a new skill, the trick to
making a change stick is understanding the change cycle and
where you stand in it. Consider the following:

- Are you stuck in the belief that “**nothing is wrong**” or that “**it is not so bad**”? If so, you are likely minimizing the impact of an unproductive behaviour and not ready to address the problem. Often, the idea of totally giving up a behaviour evokes some resistance.
- The **bargaining phase** of “I don’t want to give it up totally, what if I just did it once and a while?” is a common occurrence. You may find that this approach makes it difficult to stay on track.
- Once you bravely face the problem and set a clear intention to change, an internal shift occurs. That is the **action phase**. Once you say, “there is something that I am no longer willing to accept in my life and I am doing something about it now”, is a powerful step toward change. For this phase to last, the change has to be meaningful and strongly connected to your motivational drive. The more meaningful reasons you have to change, the better your focus will be.

Strategies to stay the course: Focus on a positive future outcome, tap into a support network and remain aware that relapse can occur. Encourage yourself and celebrate each small victory. If you stumble and fall, see it as part of the course. Just get going again. Failure is not the end of the road, it is just an uncomfortable “pothole”.