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## DO 'INNER WORK' BEFORE MAKING NEW YEAR'S RESOLUTIONS: EXPERTS

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Go ahead, take a swig of champagne, toast the new year and make those resolutions.

Even though promises to ourselves might give us a sense of self-satisfaction in the moment, the tradition doesn't necessarily benefit us in the long run, say some experts.

"We find with our customer and client base that New Year's resolutions are a way for them to achieve hope or to fine tune intentions and set a clear goal for their wants and wishes for the year," said Courtney and Stevie Hayman, owners of ShineWaves Spirituality.

But failure at losing the intended weight, or not finding a better-paying job can have a devastating effect on peoples' self-esteem, said the Oakville spiritual life coaches, who view New Year's resolutions as "unhealthy."

"The results of the resolutions can't always be quantifiable and therefore hard to measure as a success," said the Haymans, who accept clients from across the region, including Halton Hills.

### IMPACTING YOUR COMMUNITY

"Resolutions especially ones that are shared with family and friends place added pressure on the individual, meaning failure to achieve said resolution can lead to deep self-esteem and self-failure mindset."

Life and relationship coach Pam Blanchard of Oakville-based New Life Coaching — serving those throughout Halton and the GTA — sees resolutions in an unfavourable light.

We make resolutions in those heady optimistic days of the new year because "something is missing within ourselves, something

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Ray C photography photo

If you make New Year's resolutions, don't set yourself up for failure, cautions life coach Pam Blanchard.

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