

# PANDEMIC COULD IMPACT RESOLUTIONS: LIFE COACH

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is out of alignment and we're trying to find ourselves, to find ways to accept ourselves, to find meaning," she said.

"Most times it fails because no one's done the inner work; they haven't done the inner healing. Build a healthy relationship with yourself first and then maybe look at exercising, wealth management, relationships," said Blanchard.

The pandemic could

very well impact resolutions, she agreed.

People want more meaning in their life and a more sustainable work/life balance now, she believes.

"I think we're all, on some level, trying to search for that now that we've been isolated and restricted like this. We're really starting to see what matters most, meaning so many people now wanting to work less, wanting to travel more, realizing family plays a richer part in

one's life. I think people are changing and I think COVID is helping create a change that is necessary," said Blanchard.

The uncertainty of the pandemic and ever-changing health and safety protocols, can wreak havoc with our determination to achieve our goals, said the Haymans.

"For example, if we intend to get fit and suddenly the gyms are no longer open due to an outbreak or new variant, we then in

that moment through external source, fail our resolution," they said.

Their advice is to set small, concise mini goals and resolutions that can easily be achieved within your own mindset or within your own home.

"For example, every day I must say thank you at every given opportunity, or I must tidy my room at least two times a week. These are easily obtainable and therefore give us a gentle emotional boost every time

we are successful," they offered.

Don't set yourself up to fail immediately; don't try to climb the mountain but take small steps, added Blanchard.

"Set an intention that is more powerful than the problem itself. Instead of looking at weight loss, look at well-being. Instead of looking at financial success or a career that has more financial abundance in it, look at freedom," she said.

Despite what some experts say, Halton-area country singer Cam Bogle makes several resolutions every year.

"Resolutions are about making the most of your time on this earth. Just trying to be that 1 per cent better than you were yesterday," said Bogle

*STORY BEHIND THE STORY: Most of us have made New Year's resolutions at some point in our lives, but are they actually a healthy tradition? We asked experts to weigh in to find out the answer.*



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## THINGS YOU MAY NOT KNOW ABOUT NEW YEAR'S RESOLUTIONS

For many, making resolutions is synonymous with New Year's Day. But just how much do you know about the age-old practice?

Here are four facts, compiled from a K International blog post, that you may or

may not be aware of.

**1. Ancient Babylonians got the ball rolling.** It's widely believed that Babylonians made the first resolutions some 4,000 years ago during their New Year's celebrations on the

first new moon after the spring equinox. It was an 11-day festival called Akitu in which the people made resolutions to stay in their gods' good graces.

**2. Romans kept the tradition.** People of all occu-

pations offered resolutions to Janus — the god of beginnings, endings and the new year. Starting off a new year in the middle of winter is a Roman innovation, with the calendar originally started in March and later

adjusted to include two more months beginning with Ianuarius (January).

**3. An annual practice for many Protestants.** According to a 1951 study by sociologist Isidor Thorner, the practice of making New Year's resolutions is more common in countries with a strong Protestant influ-

ence — such as England, Wales, Scotland and Northern Ireland.

**4. Many resolutions made, few actually kept.** Big surprise, right? According to the University of Scranton, only eight per cent of those who make New Year's resolutions actually keep/achieve them.

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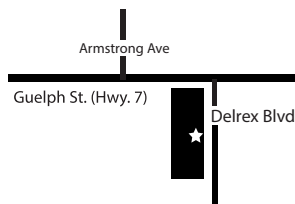
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