



Global Management Consulting Services

## ***Commentaries and Insights from Allawos & Company***

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### ***“New Year’s Resolutions”***

***Michael Allawos, Principle Consultant***

New Year's resolutions have been a tradition around the world for generations, in which a person makes a promise on New Year's Eve to make certain changes or self-improvements in the year ahead. But where did this ritual come from? It is believed that the Babylonians were the first to make New Year's resolutions around 4,000 years ago, and people all over the world have been breaking them ever since! <sup>(1) Ancient Origins</sup>

The ancient Babylonians made promises to their gods at the start of each year, which began in mid-March, that they would return borrowed objects and pay their debts. March was a logical time period for the New Year because spring begins and crops are planted. The Babylonians had a greater motivation to stick to their promises than what we have today, because for the ancient people of Mesopotamia, keeping their promise would mean that their gods would bestow their grace on them throughout the course of the following twelve months, and breaking them would put them out of favor.

Today, the only thing that has changed (for some) is that, rather than making promises to gods, we make promises to ourselves. And since we can't possibly rain thunders and lightning on ourselves as punishment for not keeping our promises, it need not surprise us that sooner or later we fail in staying true to our words.

**A resolution good for every day of the New Year!**

***I will this day try to live a simple, sincere and serene life, repelling promptly every thought of discontent, anxiety, discouragement, impurity and self-seeking, cultivating cheerfulness magnanimity, charity, and the habit of holy silence. Exercising economy in expenditure, carefulness in conversation, diligence in appointed service, fidelity to every trust and a child-like trust in God.***

***Bishop John H. Vincent.***

Some studies show that 88% of us who set New Year resolutions failed, despite the fact that 52% were confident of success at the beginning. Men achieve their goal 22% more often when they engaged in goal setting, while women succeeded 32% more when they made their goals public and got support from their friends. In an article from Forbes only 8% achieve their New Year's goals.

When it comes to business both large and small we fall into the same trap if we even set goals for the New Year. The old adage "If we fail to plan we plan to fail" is ever so true today than when the saying was penned over 200 years ago by Benjamin Franklin. We are all motivated by many different aspects in our lives, but being human, we all strive to grow that's just human nature. One of the best ways to conquer the vexing problem of keeping resolutions is to give thought, visualization and put resources forth.

Whether it's finally getting to write that business plan or updating one, performing badly needed market research, performing strategic company alignment, employee surveys, turning the company around or simply not knowing where to start; calling on the specialist at Allawos & Company can be your first step in making your New Year's resolution becoming a reality and not a statistic.

***Have a Happy and Prosperous New Year!***

## **About Allawos and Company, LLC**

Allawos & Company is a comprehensive global management business-consulting firm, tuned to enable organizations to identify and exploit opportunities through creative engagement built on a foundation of decades of senior management experience.

We are a global management consulting firm specializing in business plans, business development, corporate development, contract negotiations, employee surveys, strategic planning and turnarounds.

We are industry agnostic servicing aerospace to healthcare, semiconductor to farming.

Our comprehensive consulting services, improve the client's condition and leaves behind the tools for growth.

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