

NEW YEAR, SAME (AMAZING)

This year, say pah to New Year's resolutions. After all, you're already as fabulous

December 31st 2012, midnight. HAPPY NEW YEAR! *Party poppers pop.* After the hugs/kisses/renditions of Auld Lang Syne, after the sausage rolls have gone cold and you're waiting on a taxi to take you home, did you make any New Year's resolutions? Did you vow to study harder at school? Did you promise yourself you'd get a seriously sweet boyf? Did you declare, "I'll walk past that gorge handbag/to-die-for heels/spangly dress and put my wonga in a savings account instead"? How are those resolutions working out for ya? Still gettings Ds instead of Bs? Got a boyf but he's more Horrid Henry than Harry Styles? Got a bulging wardrobe, but only 72 cents in your piggy bank? We thought so!

"The problem with New Year's resolutions is that they set you up for failure," says life coach Sarupa Shah. Life coach Cheryl Nankoo agrees, "When resolutions fail to materialise, it can lead to feelings of failure, low self-esteem or depression." Boo! Who wants that? This year, instead of focusing on what you'd like to change, why not focus on the positive things in your life and say, "Resolutions, schmesolutions!"

Be Grateful

List all the things you're grateful for, big ("I'm grateful that my family loves me") and small ("I'm grateful that my hair swishes when I walk"). Keep adding to this list throughout the year. "Learn to appreciate what you have around you," advises Cheryl.

Accept Yourself

My bum's too wide... My legs are too short... My nose is too pointy... My little toe is too big... We all have insecurities, but guess what? You are who

you are. The sooner you learn to accept yourself – freakishly large little toe and all – the sooner you'll be happy in your own skin. "Self-acceptance is key," states Sarupa. "Whatever has happened, whatever your waistline, whatever the boyfriend situation, accept it and love yourself!"

Recognise Your Strengths

So, you may suck at singing, be terrible at tennis and be dismal at drawing... but you need to remember that you're good at other things. Yes, you are! You have many wonderful qualities. Yes, you do! Perhaps you're a maths whizz, have a friendly smile or are a great listener when your bestie is down in the dumps. "Identify all the things you're good at and make a list," suggests Cheryl. "You may even want to start a blog to share your knowledge or skills."

Cheryl Nankoo (thenankoo.com). Sarupa Shah (thesoulagentblog.com).

The Art Of Affirmations (Kindle edition) by Sarupa Shah is available from €4, Amazon.com

