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**Hi there!**

**Happy New Year 2015! :-)**

Can you believe that it's January 29th 2015 already and that's **29 days** down from those New Year resolutions that you made! Didn't make any? Perfect! You are way ahead from the rest of us, lucky you! But most of us have and we are already either groaning under the burden of keeping them alive or are in the process of sweeping them ever so gently under the carpet and hoping no one is watching us. I had grand notions like many of us, declaring and promising ridiculous resolutions onto my poor confused and burdened self.

*Lose Weight!!*

*Eat Healthy!!!!*

*Become a better mommy!!?*

After many years of doing this to myself, bulbs flashed off in my head last year. Happens when you are stuck in bed under a heavy dose of Vicodin (I was nursing a knee cartilage repair surgery for New year's eve, go figure!) That drug puts you in that happy broad stretch of alien space where the hills are painted a pretty blue and everything seems perfect and in harmony, with unicorns playing violins while little puppies baked cakes.

Then it wears off, and thud you fall into the black hole of reality faster than you can blink. During one such thud, I realized that I was going nowhere with such broad declarations. Coz they were vague and well, most definitely not quantifiable, and at best hugely subjective depending on who you spoke with. Of course I was a good mommy! Look at my kids, such adorable gems! and of course I was losing weight, according to how I dressed or how I posed for a photograph and it was all very relative, and YES, we all eat healthy, when we can, but no one needs to know that!

Cheese is healthy too. Right? Right. Ok.

Then one afternoon when the cold was biting and the pain crawled up my toes to the knee, and I was resisting everything in my power to swallow the happy pill, I pondered with a focus just to not focus on the pain. ...and I came up with this:

- *It did matter to me that I had goals. (what's this life without some eh?)*
- *It did matter that I made progress (what's the point of standing still I say?)*
- *It did matter that I and mainly \*I\* saw \*me\* making progress! (I am the boss of me, yeah?)*

So I took this pen and a notebook out from my bedside and started sketching. My Physics teacher would have been proud. I drew lines and arrows and words and circles and ovals and boy, I went home with that sketch to break down \*one\* goal! I finished and preened at it. Like a proud mama.

Then I made a few more such drawings.

Then I wrote down 5 goals in big bold bullets. Crystal clear, with no ambiguity and scope for confusion. I was so proud and happy. The feeling of accomplishment was already setting in. Before it sunk in too much, and I sit pretty with inaction, I hobbled up with the crutches to the bathroom and using some sticky tape stuck the paper on the mirror. At eye level.

This December 31st, exactly a year after that slice of pondering time and introspection, am happy to say I **struck FOUR off**, and threw the other one out the window, coz I had lost interest in it anyway.

**Road maps.**

**Clarity in visualization.**

**Reward is in the details.**

Maybe there is a lesson in there I thought as I threw out the now yellowed tired looking paper. The writing however remained clear and bright. My eyes had a sparkle, almost like I got certified to scale the inner circle of a secret ring of achievers. THIS IS HOW THEY DID IT FOLKS!

Bulbs went off. The lights danced in unison, and so much warmth and glory flooded in tell you!

***Visualize the goal, the path, and then write the damn thing down, and read it every single day.***

Brilliant.

There, if you are flagging in your determination, reach for the nearest paper and pencil and get them goals and resolutions out of your head or computer onto that paper, and we can sit and chat next year this time. Yeah?

And one little thing, these resolutions are yours, and yours alone. You are only competing against yourself. No one else. Really. You can take that to the bank, and they'll sign it off too! ;-)

<3

Rads

ps: This super bragging lecture should however, not even for one second fool you into thinking that I got this down. I don't. Not consistently anyway. But Ive made progress, and as a child I was told that the only way you improve and learn more is to go teach or share that knowledge with someone else. The rewards and bounty doubles.

Ergo. :-)

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## Cycling!

I recently started cycling, and I cannot reiterate how much of a life saving change that has been to me. For starters, [here's a post from](#) a few months ago that talks about my cycling and how I made that happen. Its something that I learned and applied along the way, the mechanics of how to break a goal down and how hard it really is to stick with it!

It's a start and work in progress, as always.



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### So, what's her story?

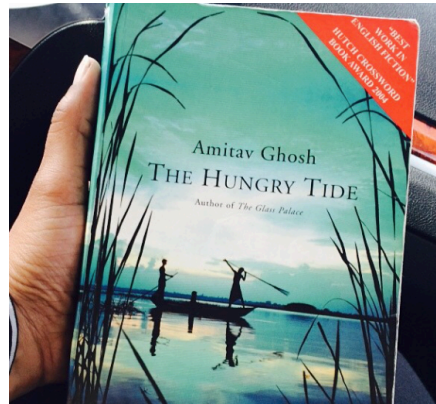
We are all superwomen. The capes are hidden for some, while some wear it with flourish, letting loose our inner 4 year old jumping off couches and saving the world. Jokes aside, I have always wanted to showcase folks on what makes them tick. Ive been asked the same, and when I shifted the perspective out, I realized we all fight our demons, wars within ourselves and outside. So, I have a blog dedicated to talking to these women/girls on how they go about doing what they do. [Check them out? The latest one is all about goal setting too!](#)



On any of these places? Connect with me there? I'd love to hear from you!



If you are not on Instagram well, then maybe you should be. It's become a great place originally for foodies, photographers, but now we have fashionistas, authors, stores, jewelers, cyclists, fitness pros and dietitians and so many more! I'll be recommending some good feeds every time, so watch this space! :)  
For now, check [Whitehouse](#) or [Michelle Obama](#) and did you know [Nigella Lawson](#) just got on? ;-)



[Book recommendation this week is The Hungry Tide.](#) I loved it and I think it's an excellent piece of some real writing, in both the fictional and non-fictional parts and one that makes a great job of weaving it all together.  
I am currently reading Shashi Tharoor's The Great Indian Novel, and it is every bit entertaining as occasionally confusing coz of the language and style. As dry Brit humor goes, it's as fun as a story like Mahabharata can be made!



It's easy to be cocooned in our world, and not have to live up to expectations, duties and such. Mostly, folks around us let us get away with it. coz I, they are themselves cocooned and that's a happy place to be. If that was our natural state, then ever wonder why society, relationships and inter-dependancies exist? Coz they do, and rightly so? [On Feb 2nd there is an initiative where 60 nice folks at least](#), incl my kids, will reach out into the real world and reconnect with folks we have lost touch with. Even if just to reminisce the past. Join me if this resonates?

*You are reading this coz at some point in time you either were a subscriber on my blog or on Facebook, and/or showed an interest in my writing and/or you are a friend. I hope you will read on and see some value. It's a new venture and project of mine, and I hope you will encourage me :)*

*Thank you!*

*ps: If you still think this is an error, please feel free to unsubscribe, though am sure hoping you wouldn't haha! :-)*



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