

Forget sky-high resolutions; here's how to set realistic goals that align with your lifestyle

Bindu Gopal Rao

As the new year rolls in, we all dive into the same ol' annual ritual - New Year's resolutions. The key to success? Setting goals that actually make sense for you—ones that fit your lifestyle, resources, and personal capacity. Sure, dreaming big is great, but remember, the journey matters just as much as the destination. If you're already finding your resolutions hard to keep, fear not! We've chatted with a cross-section of Bangalore's finest to gather their strategies, tips, and a little inspiration to help you tackle 2025 like a pro. So, before you abandon your lofty plans in February, let's get some fresh ideas to make those goals not just achievable, but enjoyable. Ready to make this year your most realistic yet? Let's dive in!



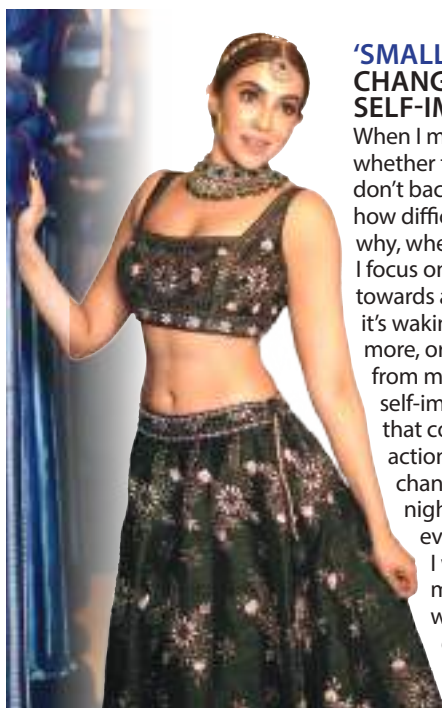
'SMART GOALS: THE KEY TO TURN RESOLUTIONS INTO REALITY'

Achieving long-term goals is one of life's most fulfilling pursuits, but it comes with challenges that demand clarity, commitment, and adaptability. Vague goals are hard to quantify or achieve, so aim for SMART goals—Specific, Measurable, Achievable, Relevant, and Time-bound. Share your resolutions with trusted friends, family, or support groups to gain encouragement and advice. To succeed, start with a clear "why" and a solid plan. Identify potential challenges early and devise practical solutions. For example, procrastination—one of the most common hurdles—can be tackled by taking small, immediate actions, no matter how minor. Stay patient, track your progress, and celebrate incremental improvements to maintain motivation and consistency. With focus and resilience, your resolutions can turn into lasting accomplishments.

Dr. Sudheer Reddy,

Dean (Academics), Nitte Meenakshi Institute of Technology

MAKE RESOLUTIONS STICK, NOT SLIP!



'SMALL STEPS, BIG CHANGE; MY PATH TO SELF-IMPROVEMENT'

When I make a promise, whether to myself or others, I don't back down—no matter how difficult it becomes. That's why, when setting resolutions, I focus on taking small steps towards a larger goal. Whether it's waking up early, exercising more, or cutting certain foods from my diet, the goal is self-improvement. I believe that consistent, small actions lead to significant change. Though I'm a night owl and can work even on little sleep, I want to embrace mornings too. Starting with yoga, I aim to begin the new year with this positive change.

Parvati Nair, actor

'ACHIEVE YOUR GOALS WITH THE POWER OF CONSISTENCY'

With resolutions, consistency is the key—but it's also the hardest part. I've been there: lazy mornings, bad days, feeling overwhelmed. But here's what changed everything for me: commitment over motivation. My secret? Pick one small thing to commit to—whether it's 10 minutes of exercise or saying no to fried food. Use the 10-Minute Rule: dedicate just 10 minutes every day. Then, apply the Rule of 2: never go more than two days without following through. It's simple, achievable, and gradually turns resolutions into lasting habits. Start small, stay consistent—you've got this!

Simrun Chopra, Nutritionist & Deep Health Coach



'LASTING CHANGE REQUIRES MORE THAN JUST A FLEETING PROMISE'

My personal journey with resolutions began in 2013, when a doctor's warning about my high cholesterol levels served as a wake-up call. I realized that lasting change requires more than just a fleeting promise. This experience taught me that resolutions should be rooted in motivation but evolve into lifelong commitments, not just New Year's vows. From this transformative chapter, I've learned three key lessons - A resolution should be a positive change you eagerly embrace. Before committing to any change, ask yourself if it will truly enhance your life. While motivation kick-starts the journey, sustaining it requires genuine desire and lifelong commitment. Reflecting on my health and fitness journey since 2013, it has become a cornerstone of my life, continually pushing me to strive for the best version of myself.

Sandesh Dhanaraj, CEO & Co-Founder AD Studio 9



'IN 2025, I AIM TO ENJOY LIFE'S BEST MOMENTS'

Every year, we set resolutions to achieve something great, but in today's fast-paced world, we must prioritise time for ourselves and our loved ones. Instead of rushing through life like on a treadmill, we should slow down and savour each moment. The year 2025 feels like a fresh start, and I want to embrace it by focusing on real happiness—not the kind defined by social media, but the joy of truly living. In 2025, I aim to enjoy life's best moments, creating memories that matter.

Karthik Jayaram, actor



'I AIM TO INSTIL THE VALUES OF HONESTY & INTEGRITY IN EVERY STUDENT'

As we step into 2025, my resolution is to remain unwavering in my commitment to empowering youth and nurturing their potential to shape a future defined by innovation, integrity, and purpose. I will focus on fostering an environment where research thrives—not as an academic pursuit, but as a transformative force that tackles the challenges of our time. I aim to instil the values of honesty and integrity in every student, believing that character is as vital as competence in shaping tomorrow's leaders.

By leading by example, I hope to inspire students to adopt these principles as the foundation for their personal and professional journeys. My passion for research will drive me to bridge the gap between knowledge and application, ensuring our work meaningfully impacts society. In 2025, I strive not only to uplift the institution but also to leave a lasting mark on the lives of my students, helping them become innovators, ethical leaders, and responsible citizens of a brighter future.

Prof. Debabrata Das, Director, IIT-Bangalore

