



Sylvain ARBAUDIE · 2025 2 12

- OPINION
- PERSONAL-DEVELOPMENT
- REFLECTION

NEW YEAR REALITY CHECK

Slowing down to move forward — intentional change over resolutions

WHY RESOLUTIONS FAIL

- No diagnosis of past failures
- No concrete plan — just wishes
- Too many priorities — willpower is finite

INTENTIONAL CHANGE

- Honest assessment of what worked/failed
- 1-3 areas with concrete plans + milestones
- Weekly tracking ritual — adjust as needed

Weekly: 30 min
Review + plan next week

Monthly: 1 hour
Evaluate goal progress

Quarterly: half day
Deep review + priority adjustment

Running fast in the wrong direction is worse than walking slowly in the right one

Slow down to move forward — intentional clarity over resolution lists



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