

Governing Energy



Resolutions

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According to one source, 80% of New Year's resolutions fail by the middle of February.ⁱ In order to not fall off the resolution wagon, others suggests that they must be Aligned with your Core Value system, have a measurable Value Proposition, Be Focused with a Roadmap, Create an Environment of Accountability, and Sustain your efforts Daily throughout the ups and downs of the Change Cycle.ⁱⁱ

Change can be difficult, but it is not impossible. It is interesting to note that successfully accomplishing our New Year's Resolutions is basically the same process outlined in our 2014 book, *Implementing a Culture of Safety: A Roadmap for Performance Based Compliance*.ⁱⁱⁱ

Sustaining a new Behavior is the main challenge. Enthusiasm at the start of a new program is always high while toasting with Champagne and promising "it will be different this time." It tends to wane shortly thereafter.

The five (5) Conditions mentioned herein will require a level of energy on the part of the individual and his/her ecosystem. Support is a critical component in this process of resolve.

We see this in many of the new home gym systems whereby individuals can be part of a (global) social group. Not surprisingly many find this support group enhances the experience and makes working out easier.^{iv}

As these new behaviors are reinforced the Relationship one has with the new life experience will change as well. No longer will getting on the treadmill be a chore, but now an opportunity to chat with your new running buddies.

In our December 11, 2017 blog titled Atmosphere, we stated, “The Relationships, Behaviors and Conditions (RBC) model often put forth in this column recognizes that humans exist in and react to circumstances around them. Often described as the environment in which we live/work.”^v It would appear New Year’s Resolutions fall into the framework as well.

Our Resolutions need not fade next month. If one heeds the change process described herein, we can meet our new goals and exceed our expectations, i.e., loss weight, stop smoking, etc.

The same is true for organizations. After all, they simply an organized collection of individuals.

How Are You Reinforcing Your New Resolved Behaviors?

For more on this subject, see [Structural Dynamics:Foundation of Next Generation Management Science](#)

Free [Economic Value Proposition Matrix](#) version 2.0 (Realize the value of your investment)

Also, checkout our [YouTube Channel](#)

Additional details are available from the author.

About the Author

Dr. [Scott M. Shemwell](#) has over 30 years technical and executive management experience primarily in the energy sector. He is the author of six books and has written extensively about the field of operations. Shemwell is the Managing Director of The Rapid Response Institute, a firm that focuses on providing its customers with solutions enabling Operational Excellence and regulatory compliance management. He has studied cultural interactions for more than 30 years—his dissertation; *Cross Cultural Negotiations Between Japanese and American Businessmen: A Systems Analysis (Exploratory Study)* is an early peer reviewed manuscript addressing the systemic structure of societal relationships.

End Notes

ⁱ <http://www.businessinsider.com/new-years-resolutions-courses-2016-12/#exercise-more-often-1>

ⁱⁱ <https://www.forbes.com/sites/margiewarrell/2018/01/01/done-with-new-year-resolutions-seven-steps-to-stay-motivated-for-the-long-haul/#1f35b5d11f0c>

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- iii https://www.amazon.com/IMPLEMENTING-CULTURE-SAFETY-PERFORMANCE-COMPLIANCE-ebook/dp/B00ILXY7ZC/ref=asap_bc?ie=UTF8
- iv <https://www.sfia.org/press/348-Social-Networking-Making-its-Mark-on-Fitness-and-Exercise>
- v <http://www.pennenergy.com/articles/blogs/governing-energy/2017/12/atmosphere.html>