



Fatal Conveniences™: New Year's Resolutions

[00:00:00] Fatal Convenience Intro

Darin: It's that time of the week for another fatal convenience. This is a bite-size segment that addresses some of society's fatal conveniences and the steps you can take to avoid becoming a victim of them. I define fatal conveniences as the things we may be doing because the world we live in makes us believe we have to. Tap water, shampoo, sunglasses, food... I dive into the hidden truths behind some of our everyday choices that could not only be harming us but even killing us, so let's dive in.

[00:00:41] Fatal Convenience - New Year's Resolutions

Darin: What's up everybody? Hey, this is Darin Olien. This is another installment of Fatal Conveniences, this is New Year's resolutions. You are gonna wanna hear about this because I am going to dispel why we fail and potentially set you up so that you have a better chance of achieving your goals. It's also why we're having the Superlife Camp, January 2nd. January 1st to brush off the cobwebs of the year and any partying that you're doing or whatever. On January 2nd, we are starting, and that is going to be exciting because inherently as I was creating this fatal convenience, of course, we have those pillars of success of changing and creating new habits for the trajectory of you and your life moving forward. So this is a perfect entry into if you want to really set up your life of eating well and losing weight and way beyond that to setting up goals of what you want to achieve for your life, and that's what this is all about. But before we get into it, I want to make sure that you're signed up for our email because we're breaking down even more stuff in the coming year, and you're going to want to be tuned in to the Fatal Conveniences Newsletter and of course, Darin Olien Newsletter on my website. Also, I want to say that the podcast will be taking a break for two weeks first part of January. Number one, we're having the Superlife Camp, which I'm stoked about. Also, we're going to be doing some new things on the podcasts. Fatal Convenience is still going because there are so many, still having amazing guests, curating more guests, but we're exploring some other things and maybe even a segue into solutions on water, power, food, shelter, sovereignty, freedom, and ways of living more powerfully. So that's something that I've been curating for a long time. But we're gonna be taking that break, but make sure that you sign up so that you can get informed of what we're doing, what's going on, subscribe to the podcast if you haven't done that. It helps us out a ton. But certainly, if you haven't signed up for a Superlife Camp, sign up. We're opening up more slots for you all to jump in. Take that opportunity if you really want to change some things, if you really want to dial your life in. I'm telling you, the feedback has been amazing in the camps what we have done. So now without further ado, this fatal convenience is New Year's resolutions. You all know where I'm going with this. Each January, people put immense pressure on themselves to have a new goal and to achieve it, most fail and they fail often. Then they become a victim of this high-pressure New Year's resolution. What's your New Year's resolution? What are you going to change? What are you going to do? No one creates any freaking plan. We have these goals, and they seem to be important to us as humans, for sure we're going to unpack that because it goes back a long time. It's inherently



challenging to wait at all to create a new change, but inherently New Year's resolutions, I like the momentum. I'm not making a new New Year's resolution. For me, I get anchored on any goals that I have that I may not be achieving, or I rejigger my goals or maybe I have distractions that are keeping me from having it or creating things more effectively. So I love new year's time. I love setting the priorities for the coming year because I'm pretty good at it. I really achieve a lot of what I truly want, but that's what we're gonna uncover. We're gonna uncover why they don't work, and what we can do to actually create them as beneficial in our life, for sure. This is a mental game, obviously, but you need to set yourself up with action so that you can create a new paradigm of your life. There's a reason why we don't change easily. There's a reason why it takes time for things to set in, so that's super important.

[00:05:07] The First New Year's Resolutions

Darin: Here's a little bit of history on it. It's very cool as we discover the research here, 4000 years ago, there's evidence that the ancient Babylonians were the first people to make this New Year's resolution. According to history.com, Babylonia was the state in ancient Mesopotamia. The town of Babylon was located along the Euphrates River in present-day Iraq, about 50 miles south of Baghdad. They made promises to the gods, to pay their debt and return any object they had borrowed. They really used it to give things back to people that they borrowed, and take right the debts. That's a very powerful thing. So why not use that energy to do that for yourself? If the Babylonians kept to their word, their gods would bestow favor on them for the coming year. These promises could be considered the forerunners of our New Year's resolution. Here's the thing, it's kind of with those noble truths, The Four Agreements, it's like what you say is your word, and that's between you and the creator. That's between you and the energy of this quantum universe. It's listening to your thoughts, words, and deeds, literally. So when we speak something, let's back it up, and have integrity. That's what this is about. Listen, it doesn't mean you're not going to fail. But when you fail, what extractions can you make to better set yourself up to persist? And that is the key.

[00:06:54] Ten Most Popular Resolutions

Darin: Here is the 10 most popular New Year's resolutions, and you're gonna guess these for sure. Exercise more, eat healthier, spend more time with friends and family, lose weight, live more economically, spend less time on social media, improve my performance at work, reduce stress at work, quit smoking, and cut down on alcohol. Those are the top 10. Why do we put pressure on ourselves every year because pressure does not create opportunity? It's a contraction. We need to curb that. There are many factors that contribute to the human psychological need to consistently improve ourselves. We all feel a need, that is the human trait of persisting in leveling up, and being better and achieving more and accomplishing more that is inherently within us. That is something that will keep driving. So we have to understand that that's a part of our human evolution. It's how we created cars, it's how we created buildings, it's how we created everything that you see that is not part of the natural world, that is us. That is who we are. People are born to achieve. They're born to create everything.

[00:08:15] Why do we make New Year's Resolutions?



Darin: At the innermost core, resolutions are made in an attempt to improve our lives. So that is great. But when one wants to improve their life to be more like someone else, or something else, or you want more looks, you want to look like someone, you want to be like someone, that inherently is setting you up to fail because that is very superficial. There's nothing wrong with having those carrots as well. There is nothing wrong with it, but there's a deeper seeded reason for it. If you have those things that you're saying you want, it then produces a perceived outcome of a feeling. So if you own what you think that's going to give you in terms of a feeling, I'm seeing as prosperous, I'm seen as strong, it is the state of being that is the most important. Because you're not going out to buy a mansion, you're looking for the status of it and the feeling of it. Because a mansion for a mansion's sake or a car for a car's sake is nothing. It's just a thing, but you think it has all of these things attached to it. I'm going to feel better when-- I'm going to feel rich when-- I get that. We're going to dive a little deeper into that because this is a very, very important thing to understanding how to achieve but actually understanding the deeper reasons, the deeper why you're doing something. It's important to really understand this because this is the real motivation. Let's just unpack this for a second before we go to the next. If I want to lose weight, if I want to lose 20 pounds, close your eyes right now, unless you're driving, or operating a tractor, close your eyes and say, if I've lost that weight, what do I feel like right now? Go inside, use your imagination. I have lost that weight. What do you feel like? Now, what do you feel like? You feel stronger, you feel healthier, all of those things. Now, who are you then? What are you doing then? Who do you want to be then? Now that you're feeling that in this space, own the feeling that you have towards yourself, own the feeling that you have in the world having lost that weight, and now who are you going to be? Now having lost that weight, what do you want to be? What do you want to create now? It's important to understand that just wanting to lose weight is probably going to fail because it's not the deeper understanding because what you really want is you want to be happy. What you really want is you want to feel content. What you really want is to want to feel successful. You can do that right now. And we get into that in the Superlife camp. We break down as to understanding the real reasons why you're doing everything. It's not to say that losing weight isn't a part of that. It is a part of that, but that naturally comes when you have a deeper connection to the reason why you're doing everything. There's nothing inherently bad about setting new year's resolutions. It's understanding what's motivating it. When you understand what's motivating you, you can get underneath it as to the real reasons that your heart, your self-esteem, your desire for anything that you feel like you're lacking. If you are lacking setting up your goal, and you feel like you're lacking, so I'm going to be happy when, then you're probably going to fail in that goal. Or you're going to spend so much energy, you're going to get to that goal, and you're going to be empty. Some common phrases, again, if you want to news resolution, do it right now.

[00:12:25] How to be successful at setting and keeping goals

Darin: Don't wait for the first. Start setting yourself up like it's a job. How do you want to achieve this goal? What are the actions that you're going to take? What are the people that you're going to surround yourself with? I'm jumping to the solutions of this thing, but I just wanted to get this. We're going to re emphasize this over and over again because some of the common phrases that is detrimental to someone's mental health in these things is I'll start next Monday, I'll start tomorrow because I fell off my routine, I'll start January 1st, I had



a mishap so I failed. So many excuses over and over and over. No, actually did not fail, what if you never failed, you just had a bad day. What if you just go cool, I failed or I forgot, just jump back in right now. Life is all about balance, so you need to extract the good and step right back into the game. Don't let it spiral you into shame. These past couple of years have been so unbelievably difficult for all of us. We really need to understand how we can support ourselves and lift ourselves up and literally help create the life that we truly, truly love. It is all on you as that opportunity of creating and achieving and going towards and getting every little step along the way achievements towards these goals. Dr. Sophie Lazarus, a psychologist at Ohio State University said, "After a hard year, the last thing we need to do is to put more pressure on ourselves to set a goal that might not be realistic during a global pandemic, let alone an average year." You don't want to say hey, I'm going to get a Ferrari this year unless you actually have the means to do it, but that's like such a superficial goal. "The stress and disappointment we sometimes place on ourselves can be counterproductive. We sometimes think it's going to help us get more done or be more productive or make this change we really want to make. It really tends to just increase our stress and make things worse," says Dr. Lazarus. Our goals often are too shallow, or they're not connected to our heart and our feelings. Again, you can have I want to lose weight, I want to feel better, for sure. Before we get into the actions side of that is what are you feeling now? Can you cultivate the feeling now of having achieved it? Again, I'm going to emphasize this over and over again, that's the real reason you're wanting the goal is this state of being. You can cultivate that state of being right now, and still go after your goal of the physical. Small changes, we need to make. Changing your mindset around achieving these goals. Having a positive mental outlook, even in the face of maybe falling off the wagon, getting back on. The real challenge is to remain positive and optimistic when we do suffer a little failure. We are going too. Anytime you change anything is going to have resistance because you're not there yet, and to try to remain focused on the big picture. So that's the most important thing. We got to stay connected to that feeling and to the big picture.

[00:16:01] Questions to ask yourself when a resolution doesn't pan out

Darin: Here are some questions you can ask maybe when you failed, or how you want to create your New Year's resolution. What can I do differently to achieve the life that I want? Sit with that question. Other questions to sit with, what awareness can I gain from this failure or challenge that I didn't previously have? Then you can extract that learning. You can learn. What would it take to achieve this goal? Sit with that question. What would I have to do, be, or change in order for me to achieve this? These are some questions that you can ask. As you ask them of yourself, it invokes a certain energy, it may bring certain things up to mind. Sit with those questions. When you ask a question, you invoke the entire universe to support you in that. So what if failure never existed? What if it was you not extracting the full understanding of what was going on? What if it was you just missing out on an action step that you needed to take in order to get to that next vantage point? What if it was just an opportunity to persist? What if literally, failure did not exist? Surround yourself with people like that. Surround yourself with that understanding. Surround yourself with appreciation. Celebrate goals. Celebrate the failure because you are now the scientist of your own goals. You are going to extract what it is that you require. Construct a plan. Support yourself and those goals. Support yourself in the community, support yourself. And if you don't have support, find it. Find other people. Come together. I will support you. I will check in with you,



as you check in with me, and you have accountability partners. There are so many things that you can do. Instead, think about how you're going to feel when you achieve that goal and why you want to achieve it. Those things are the biggest drivers. And once you identify to the real feeling, you can actually attain that feeling in this moment. As the journey takes you towards that goal, you are cultivating that feeling. Then once you get that goal, you are that new person and you continue, who am I now? What do I want to achieve now? What can I create? Who can I be? I am happier. I am healthier. All of these things continue to unfold. Let's use a real example. Say you want to exercise a little more, you want to lose weight, and then you also did that little exercise of why you want to do that. Then you got to that feeling, that feeling of oh, I feel lighter, I feel stronger, I feel healthier, I'm sleeping better. You are cultivating that. How can you then fit that into your schedule? Well, you can think about things that are maybe not gonna alter you too much. Maybe set your alarm for 10 minutes earlier and literally get up, get a glass of water, drink, and go for a walk. Just go right outside, put your warm clothes on, and just go outside. Then you got your 10-minute walk and your day hasn't even started. You activated your life. Walking is so powerful. If it's not too cold out, take your shoes off. Now you just multitask, now you've grounded to the earth. If the sun's coming up or the sun's coming up, you can get your natural no sunglasses on. Now all of a sudden, you've just achieved three things before you've even drunk your first tea or coffee. These are things that you can do. You just need to put common sense principles into these things. Again, eating healthy, it's the same thing. You're going to the grocery store. So don't go into the same routine, get those plants, go to the fresh produce, get the fruits, nuts, seeds, legumes. Do all those things and stock yourself up, set yourself up. These are the things. Throw away the food that is not healthy for you that you already know, use your common sense, throw that stuff away. You can do this stuff. Again, you can use all of these things. This is a big, big topic, but I just wanted to touch on these very important things that if you believe it, you can feel it. Once you believe and feel yourself having the goal, then you start understanding that I deserve this. When you get those things, believing, feeling, deserving, and you're seeing it in your mind's eye as you are already there. You just back that up with your actions because yes, I'm already feeling this. So I'm walking down this path. I'm walking towards what I deserve. I am deserving. I am feeling content, and powerful, happy, and joyful. That's it. That is how you achieve every single goal. This is one of my favorite holidays because it is so powerful, and you can do so much with yourself in your life. We have a lot of cool studies in the show notes that you can dive into that I grabbed on this on behalf of supporting some of the things that I said. Believe me, there's space available. We created more space because I wanted to let more people in the Superlife Camp. We're getting into this why. We're getting into supporting you. We have groups. We have daily check-ins. We have daily inspirational videos for me, and we have live videos from me every week. Yes, you and me are going to do this together. I'm going to do this with you. We are going to do this and you're going to create a super life. So just remember, let's brush off the year. Let's look like an eagle's eye towards the life that we want to create, and let's use the power, and let's use the resiliency that we already have within us. I love you all and Happy, Happy New Year.

[00:22:26] Podcast Outro

Darin: Thanks for tuning in everyone. I hope that left you feeling inspired to take a closer look at the everyday choices you're making and how they could be impacting your health



and even the planet. If you want to learn more about life's fatal conveniences, head over to fatalconveniences.com. You can sign up for the exclusive access to Fatal Conveniences episodes, news, insights, and more. And all this great stuff gets sent each week straight to your inbox, making it really easy. Now, that's a convenience without the negative side effects. It only takes a few seconds to join. Just fill in the form and take that amazing step towards making better choices. Remember, small changes can have big impact. So, keep diving my friends, keep diving. And if you haven't had a chance to check out the interview, I released earlier on the week, here's what you missed:

[00:23:33] Snippet - Turning Childhood Pain Into Your Why

Tom: I was feeling tremendous guilt that I completely turned my back on what I felt were people or children that somehow I could help. I was just in this emotional tornado. I was still fighting at the time. I was training for a world title fight and I was out running, and I have an epiphany. I was like, I'm going to do something extraordinary to help these kids. I didn't really know what it was, but through figuring it out, I decided that I was going to run an extraordinary distance. When people ask me, why are you doing this? It would give me an opportunity to share my story with them about the horrors and how bad childhood neglect and abuse was. In 1998, I did it again, except for this time, I ran the pace of a marathon a day, every day, 26.2 miles a day, every single day, from Oregon to Mexico. Then I did it again in 2000. This time I ran across North America on foot.