In an attempt at research for today’s programme I googled ‘weirdest new years resolutions’. It’s that strange time between Christmas Day and everyone getting back to normal in January, so I expect the guilt of Christmas excess is turning thoughts to the New Year and ‘what you are going to do differently this time’.

Eating raw yak, learn to belch the alphabet and learning the names of flowers are some of the most bizarre. Someone on twitter said that their new year’s resolution would be 1024x768.

Mostly though it was suggestions, and I get tired of articles encouraging people to do positive things that will make them more fulfilled. Is it just me or is all this talk about bucket lists a bit distasteful, especially when it’s young beautiful rich people who seem to be doing most of the bungee jumping and swimming with dolphins? Or is this a bit of residual scrooge spirit leaking out?

Generally us Westerners are too self-obsessed if you’re aim in 2015 is happiness then I can’t see it going well for you. Actually I think using the new year as a fresh start to give up a bad habit or take something up that benefits either yourself or the environment is a good idea, but one that comes with a health warning. Make your goals attainable and set short timescales in which to achieve them. Also be aware that January is not a great time of year to be taking on big challenges: short days, cold weather and for most of us no prospect of a holiday for a good while yet. It all makes it harder, so go easy on yourself.

The same goal-setting mentality exists in football by the way. Good coaches will help their players focus on the game ahead and not start thinking too far ahead. And even within a game to be able to break it down into chunks helps establish focus. When we have short-term goals not only do we stand more chance of achieving success, the sense of building on our successes is a powerful motivator.

Something else we have a lot of in football is restarts. These again are opportunities to but the past behind us and begin again. If you can do that in football, as in life, it can be extremely useful. Jesus talked of a spiritual restart in his conversation with a religious leader of the time, and he likened it to being born a second time – only this time spiritually not physically.

It is a powerful metaphor and as we come through winter into Spring we see this theme established in nature as well. Perhaps Spring is a better time to have a go at some new years’ resolutions?

Either way its handy to have this annual restart even if it doesn’t lead to eating raw yak or belching the alphabet. Use it to your advantage as you go into 2015 to start afresh and do some things differently, but I encourage you to avoid being over-ambitious and don’t be disheartened if your ‘rebirth’ doesn’t come as quickly and dramatically as you had imagined it might. As we say in this business ‘people make small changes slowly’ and the important thing is don’t give up not giving up!