

ETHICS REBOOT



NEW FREE ONLINE COURSE FROM THE ETHICS CENTRE TO HELP REBOOT YOUR YEAR

New Year's resolutions already broken? The Ethics Centre's new course may be the secret to making lasting change.

For many of us, the start of a new year is a chance to reset. The mistakes of previous years can be set aside, we draw a line in the proverbial sand and pledge to be or do better – we identify ways to improve our health, our savings, our relationships. If we do better, we are confident our lives will be better, we'll be happier, in control, more fulfilled. We are full of good intentions, but a range of research studies show that the majority of people aren't able to maintain their New Year's resolutions over time. Research from the US and UK shows that only 9-12% of people are successful in keeping their resolutions by the year's end.

John Neil, Director of Innovation and Education at The Ethics Centre, says: "Maintaining change is difficult. We tend to overestimate the role willpower plays. Achieving goals isn't just about our mindset – it's also heavily influenced by things like our environment, circumstances, and even our genetics."

He explains that New Year's resolutions often focus too much on the end result – like quitting smoking or losing weight – without considering the deeper reasons behind the goal. The result? Resolutions can feel more like a source of stress than motivation.

These are some of the reasons why The Ethics Centre has developed a new, free online course that offers an alternative to the cycle of resolution making and breaking: a 21-day challenge designed to help build lasting, meaningful habits.

Instead of focusing on specific goals, the course is all about developing qualities that make for a better life. Some philosophers call these qualities virtues – like wisdom, courage, and kindness. Each day, participants receive an email with practical tips, activities, and inspiration to integrate these qualities into their everyday lives.

John Neil adds, “The goal isn’t just to learn about these virtues, but to put them into practice. For example, we talk about humility—then encourage participants to seek out opportunities to really listen to someone with a different perspective. Or we focus on kindness and suggest adding small acts of kindness to the day.”

Each day of the challenge participants receive:

- A short (3-5 minute) email or audio explainer on a new virtue like Courage, Gratitude, or Resilience.
- A practical activity to help put that virtue into action.
- A reflection exercise to help build these qualities into everyday life.

The 21-day course is free and commences from sign up on The Ethics Centre website. It’s a fun and thoughtful way to start the year off right, with a focus on growth rather than perfection.

– ENDS –

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A free, online course from The Ethics Centre

Find out more: <https://ethics.org.au/ethics-reboot-course/>

ABOUT THE ETHICS CENTRE

The Ethics Centre is an independent not for profit organisation that, for over 35 years, has been working to bring ethics to the centre of personal and professional life. The Centre’s innovative programs are recognised for stimulating public awareness and understanding, bringing people together, and creating space for open, honest and often difficult conversations. <https://ethics.org.au/>

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