

HEALTHFUL TIPS

HEALTH AND FITNESS TIPS FOR YOUR ENTIRE FAMILY

NEW YEAR'S RESOLUTIONS

SYSTEMATIC STEPS FOR REACHING THOSE NEW YEAR'S GOALS

If less than 10% of people actually achieve their New Year's Resolutions, should you even make the attempt? Yes, if you want to improve your health, career, finances or personal life. As the saying goes, *failing to plan is planning to fail*. In other words, if you do not make a New Year's resolution, you will not see any improvements. Making a healthy change is a gift that you give to yourself—no one else can give it to you. If you are ready to plan for success, here are some tips to improve your chances of meeting your resolutions this year.

The most common New Year's resolutions are spending more time with family and friends, increasing exercise, losing weight, quitting smoking or drinking, enjoying life more, getting out of debt, learning something new, helping others, and getting organized. Before you settle on a resolution, make sure that it is something that YOU really want to do and that you have confidence that you can reach your goal. Make sure that you are realistic about the amount of time, money and energy it will take to reach your goal.

Set a goal and formulate a plan with clear steps to take that will enable you to reach your goal. Break down your overall goal into small steps. Accomplishing these little steps will help you persevere until the overall goal is met.

Write down your goal, complete with action steps, and put it in a place you will see frequently. Find ways to remind yourself of your plans.

Commit to your goal. Move the resolution from the "good idea" realm to the "I'm gonna do this" commitment level. Make a list of the ways in which achieving this goal will improve your everyday life. Take ownership of the plan to reach your goal.

Be accountable to someone. Tell support people about your goal and plans to achieve it. Ask them to check in with you on a regular basis.

Visualize yourself achieving your resolution. Use positive phrases to remind yourself of your goal and why you are reaching for this goal. "I'm worth it!" might be a phrase you attach to your computer screen to remind yourself to avoid the office sweets.

Remain flexible. Obstacles will occur. Your plan can and will change. Try to foresee potential obstacles and plan for them. A game plan will help you to deal with setbacks.

Celebrate when small goals are achieved. Think of your resolution as a journey rather than an end point. Stop to appreciate your commitment and success along the way.

You can accomplish anything that you put your mind to.

