

7

TIPS TO KEEPING YOUR

NEW YEARS

Resolutions

01

Create a Measurable Goal - Be Realistic

Start with micro-goals. Goal-setting and resolutions are typically more of a marathon than a sprint. It's easy to get overwhelmed and give up when your resolution is something big.

02

Plan Ahead

Outline your plan and decide how you'll deal with temptation. This could include calling a friend for help, practicing positive thinking and self-talk, etc.

03

Talk About It

Don't keep your resolution a secret. Tell friends and family members who will be there to support your resolve to better yourself. You can also find an accountability buddy who has the same goal as you to help motivate one another.

04

Reward Yourself

Celebrate your success by treating yourself to something you enjoy, that doesn't contradict your resolution.

05

Track your Progress

Keep track of small success. Short-term goals are easier to keep and each small accomplishment will keep you motivated.

06

Don't Beat Yourself Up

Obsessing over the occasional slip won't help you achieve your goal. Do the best you can each day, and take it one day at a time.

07

Stick To It & Keep Trying

Experts say it takes 21 days for a new activity to become a habit and 6 months for it to become part of your personality. It won't happen overnight, so be persistent and patient! If you have totally run out of steam when it comes to your resolution by mid-February, don't despair. Start over again!