



10 TIPS TO HELP STICK TO YOUR NEW YEAR'S RESOLUTION!

1. **Set Realistic Goals.** To avoid falling short on your New Year's Resolution, simply set achievable goals. Completely giving up a favorite comfort food may be difficult for some. Instead, target a goal that is more obtainable, such as not consuming those foods as much as you do now.
2. **Organize a Plan.** Outline a plan of what/how you want to accomplish your goal over a period of time. To avoid the temptation of having that last cigarette, try speaking with a relative/friend or think about the positive outcomes in giving up smoking.
3. **Chart your Progress.** A New Year's Resolution is about setting both short-term and long-term goals. Maintaining a daily journal where you can input your thoughts and daily activities allows you to measure your progress through making small changes towards reaching that final goal.
4. **Create a Support System.** Don't be afraid to share your New Year's Resolution with other people. The path to success is never an easy road, but having that support from family and friends may be just what you need to push you forward!
5. **Stick to It.** If you find yourself becoming more distant from reaching your goal, don't give up trying! Keep in mind just because it's a "New Year's Resolution", doesn't mean you can't start one anytime during the year.
6. **Reward Yourself.** Achieving intermediate goals is just as important as your New Year's Resolution. If you're making progress with a new workout plan, go ahead and reward yourself for your hard work, but don't lose determination.
7. **Don't Overdo on Resolutions.** Never take on more than you can handle when choosing your resolutions. The last thing you want is to start off the year feeling burned out and not accomplishing any goals. Focus on a few main goals in which you can succeed.
8. **Take Action.** Taking the first step is always hard; however take the initiative to jump start the New Year right. Whether it's clearing out unhealthy snacks from your pantry, locating a fitness center, or rekindling a relationship with a relative, make a plan of action to make that goal a reality.
9. **Envision Long-Term.** When your inspiration is low, imagine yourself as having already achieved your goals successfully. Envision a more positive, healthier and productive you.
10. **Set Short-Term Goals.** A majority of New Year's Resolutions require time and determination to complete, therefore, try setting daily/weekly/monthly goals to make things easier. If your resolution is losing 20 lbs, set a short-term goal of losing the first 5lbs during the first few months.

