

Ways to Stick with New Year's Resolutions

5 TIPS FOR ACCOMPLISHING YOUR GOALS

BE REALISTIC

Making a realistic resolution is one way to ensure you will keep it. Setting an unattainable goal is just setting yourself up for failure. Think about what you're willing to do and what you're capable of doing.

MAKE A PLAN

Thinking about your goals before New Year's Eve is a good way to get started. If you want to eat healthier and all you have in your house is junk, you are setting yourself up to fail. Make a plan to get needed supplies or support that you can use to accomplish your goals.

MAKE SMALL CHANGES

It's hard to quit bad habits cold turkey. Focus on small changes instead of one big goal. If you want to lose ten pounds, make a change to use the stairs instead of the elevator at work. Then switch to water at lunch instead of soda. Little changes will add up and help you accomplish your bigger goal of losing weight.

WRITE OUT YOUR GOALS

Writing out your goals makes more of an impact than just thinking about them. It requires an extra step, and will likely help you keep your eyes on the prize for a little longer. You can even go the extra mile and tell someone else about your goals so they can help you along the way. Having a support group will add encouragement and motivation.

REWARD YOURSELF

Setting up little rewards for meeting your goals or steps along the way will help you stay motivated. That doesn't mean eating an entire box of chocolate if your goal is to lose ten pounds. Think of a reward that helps you stay within reason and feel motivated to keep moving toward the prize.



25%

of people abandon their New Year's resolutions within the first week

60%

of people abandon their New Year's resolutions within six months

1.4X

people who vividly picture their goals are 1.4x more likely to accomplish goals