



## Quick Tips for Sticking to Your New Year's Resolutions

Almost half of all Americans make a New Year's resolution. Of those that make resolutions, over half fail to meet their goals for the new year. There are two main reasons why people don't stick to their resolutions: they set unreasonable goals, or they don't make a plan for reaching their goals. Below you'll find practical tips for making New Year's resolutions and sticking with them.

- **Make realistic resolutions.** This means resolving to do something (or not do something) that is under your control. For example, resolving that this will be the year you get married is unrealistic, but resolving to be open to meeting new people is something you can actually do.
- **Don't make too many resolutions.** Many people make long lists of things they will do differently in the new year, but this often ends up in failure because it involves too much change. Limit yourself to one or two sincere, realistic resolutions.
- **Be specific.** Vague resolutions, like "I'm going to lose weight," are hard to keep. But if you set a specific goal, like losing five pounds by March 1, you'll be much more likely to succeed.
- **Come up with a plan for researching your resolutions.** Resolving to do something is just the first step. The second step is deciding how you're going to do it. For example, if your goal is to quit smoking, decide whether you'll quit cold turkey or taper off. Figure out whether you'll use a medication like Chantix (paid for by TeamHealth Wellness for medical participants), and where you'll turn for support when you are having a hard time not smoking. The same is true for losing weight, saving money, or giving up chocolate – you need a plan.
- **Write it down.** Research shows that people who commit their goals to paper are much more likely to achieve them. Write your resolutions down and then put them in a prominent place, such as on your refrigerator.
- **Recruit support.** Tell friends and family members about your resolutions and ask them to help you meet your goals.
- **Forgive yourself if you slip up.** Most New Year's resolutions require lifestyle changes, and these are never easy to make. Be patient with yourself and don't be too hard on yourself if you occasionally slip up. Just start over again the next day.

Source: LifeWorks

**Need help sticking to your resolution? Check out [teamhealth.com/wellness](http://teamhealth.com/wellness) for initiatives offered by the Wellness Program that may help you stay on track.**

