

Keeping Your New Year's Resolution  
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It's now the end of January, but there's never a wrong time to make a change for the better. If you have a resolution in mind and can't seem to get started, or if you've already started working on your resolution and find yourself having a hard time keeping it, here are a few tips to help you reach your goals.

- **Be realistic.** Make a resolution you can and want to keep. This is a crucial step toward reaching your goal. If you're reasonable and honest, you are more likely to make the positive changes you set for yourself.
- **Word your resolutions constructively.** The words you choose to describe your New Year's resolutions can have dramatic impact on success or failure. If you choose positive words that describe what you want clearly, you set yourself on a path to success.
- **Create a plan.** It's not enough to make a resolution on New Year's Eve then sit back and wait for it to happen. Think your resolution through and create a plan or schedule to keep yourself on track.
- **Remember the reasons for your resolutions.** When drawing up your resolution plan, take the time to write a list of motives for your resolutions and how you think you'll feel when you accomplish them. If you feel you're about to fall, look at your list, stay motivated, and don't give up!
- **Research alternatives.** If your resolution involves eliminating a bad habit, come up with something in advance to replace it. Remember to keep your alternative healthy and positive!
- **Tell others about it.** If you keep your resolution a secret, it is easy to ignore or forget. Tell your friends and family – they'll ask about your progress and help motivate you to accomplish your mission. When you share your goals with your friends and family, you may even inspire them to join you or set goals of their own!
- **Get professional help.** Consider consulting your health care professional for assistance if you feel overwhelmed or don't quite know how to start. They might have information or access to resources that could make achieving your resolutions simpler or more efficient.
- **Write in a diary.** Take a few minutes every day to track your progress, you'll find it's easy to stay motivated because you see results in black and white. If writing's not your thing, take pictures!
- **Failure is only temporary.** Expect and plan for setbacks along your journey. Stay positive, remember how much you've accomplished, and pick up where you left off!
- **Examine and analyze.** Plan a resolution review once a month or a few times a year and be truthful with your results.
- **Have fun and celebrate:** Remember resolutions should be something that you want to accomplish! Have some fun and you will find yourself looking forward to going to the gym, eating healthy or paying off credit cards. Just make sure that your celebration doesn't push you back into your old habits!



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