



# Wellness by the Month

## Realizing your New Year's Resolutions

Happy New Year! You're probably looking ahead and thinking about the goals you want to accomplish this year. If you've struggled with resolutions in the past, it's important to understand what obstacles you have to overcome to achieve your goals.

Here are a few guidelines to help you make and keep your New Year's resolutions:

### 1. Make sure your goals are attainable.

If your goal is unrealistic, you can become frustrated and give up. Have confidence that you will be able to achieve the goal and create a plan that will help you succeed. Breaking your resolution into manageable steps can help you realize your resolution.

### 2. Own the goal.

Set the goal because **you** want to accomplish it. When there is passion, there is perseverance. Don't let others convince you to change something you really don't want or are not ready to change.

### 3. Write it down.

Writing out your goal is an active task and brings the goal "to life". Place the goal where it is easily viewed. Try journaling to keep track of your progress.

### 4 Plan for roadblocks

There will always be challenges and roadblocks along the way but if you are prepared with a game plan, you will continue on the road to success. Develop coping strategies. Seek out family and friends for support and encouragement.

### 5 Reward yourself

Celebrate the accomplishment of each small step. Within each step, assess your progress, refresh, and refocus your energy.

### 6. Don't give up

If you feel you have failed, re-evaluate your plan, modify it and try again.