

Tips for Making and Keeping Healthy New Year's Resolutions



- ◇ **Don't abandon the idea of making New Year's resolutions** even if past resolutions have failed. Simply readjust the goals you are making.
- ◇ **Do be realistic.** Pick a safe attainable goal with a realistic timeline.
- ◇ **Don't make too many resolutions.** Pick a few key areas such as stress management and exercise, and set a few attainable goals within these groups.
- ◇ **Don't set resolutions whose success is based on factors outside of your control.** Instead of focusing on outcomes such as a new job, focus on small activities such as applying to X amount of job positions.
- ◇ **Do set goals based on your own wishes, desires, goals, and dreams.** Goals set with firm personal commitment are more likely to succeed.
- ◇ **Do plan intermediate goals if it helps you stay in control.** Check your progress after a set period of time and evaluate your progress.
- ◇ **Do use the buddy system.** The support of family and friends can be a great extra motivator.
- ◇ **Do plan a reward for yourself**— when the goals or resolutions have been met.



Adapted from "8 Tips For Making and Keeping Healthy New Years Resolutions" by Melissa Conrad Stoppler, MD. Created by AmeriCorps member Amy Houser



Healthy
Siouxland