

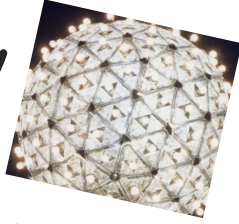


Make New Years Resolutions

Did you set New Years resolutions? Have you been successful so far? Or, do you find that you're struggling to keep up and are considering giving up altogether?

Before you give up, you may need to take some time to rework your resolutions or get some extra support. It doesn't have to be January 1st to start a new goal—there is no better time to start than now!

That Will Last



Set SMART Goals

Specific

Make your goal focused and well-defined and you will have a much greater chance of accomplishing it than a general goal.

Measurable

Put concrete numbers in your goals so you know if you are falling behind or staying on track.

Attainable

Set goals that are achievable based on your schedule, workload, abilities, and the specific time frame you have set.

Relevant

Make goals that are relevant to your life and things you enjoy doing. Make them something that can become a part of your daily life.

Time Specific

Set goals that are bound by time—have a deadline for completing each goal.

Examples of SMART goals:

My family will have a homemade dinner at the dinner table at least three times each week until the end of the school year.

I will take a vegetable to eat as a snack at work every day for the next month.

Get Support

Share your experiences with friends and family and ask for their support. Ask others to hold you accountable or post your goals and your journey on social media! Or, set a goal with a buddy or with the whole family and achieve something together.

Start Small

Set multiple, small goals throughout the year instead of one or two overwhelming goals on January 1st.

Not All at Once

Don't overwhelm yourself with every single goal you have at the same time. Instead, work on one or two goals at a time.

Smile

Don't get discouraged when you make mistakes. Perfection is unattainable, so don't give up! Focus on enjoying the journey to reaching your goals (even if it's bumpy) and all of the little steps along the way.

