

Happy New Year!

Effective ways to help you achieve your resolutions!

The end of December marks the time where everyone starts making plans and goals for the New Year. We feel energized and ready for positive changes in our lives. Although we have good intentions and high motivation at the beginning of the year, we tend to trail off before ever reaching our goals. Here are some tips on how to achieve your resolution.

Top 10 Most Common New Year's Resolutions

- * Spend more time with friends and family
- * Find a (new) job
- * Get fit and/or Lose weight
- * Quit smoking
- * Enjoy life more
- * Quit drinking
- * Manage money better/get out of debt
- * Learn something new
- * Get organized – Better at time management
- * Help others- Volunteer



Step 1: List out your goals. It is easier to do something when a tangible object is present to motivate you!

Step 2: Determine your “Mother Lode” goal, the goal that when achieved will pave the way for your other goals.

Step 3: List reasons why you want to achieve each goal.

Step 4: Create an action plan. Develop how you will achieve each goal.

Step 5: Schedule the actions you will take onto your calendar.

Step 6: Find a friend or family member to hold you accountable. Make sure it is someone who will ensure that you follow through with your goals.

Step 7: Be sure to state your goals in positive language. You are more likely to stick to it if you are adding something rather than trying to remove something.

Quick Tips...

- * **Be Realistic** - your goal needs to be achievable
- * **Be Specific** – avoid vague words when setting goals like some or soon

- * **Think Positively!** – avoid negatives
- * **Do it for Yourself** –your resolution needs to be truly yours

- * **Put it in Writing** – helps to maintain a clear sense of what to do
- * **Set a Target Date!** – goals without deadlines are mere hopes