



# Want to make your New Year's resolutions stick?



Year after year, millions of Americans commit to New Year's resolutions, but only a very small percentage of us actually achieve our goals — the number is as low as about 9%.

Maybe part of the problem is the resolutions that we make. Not all resolutions are created equal. The best ones are those that match our strongest emotional drives. Maybe it's the drive to be in positive relationships, to achieve by taking on challenges, or to have the power to impact others.

Choose one possible goal, and then imagine striving for and reaching that goal. Ask yourself:

- Do I feel joy, happiness, and pleasure?
- Do I feel interested and excited with a sense of fun and flow?
- Do I feel strong and like I'm having an impact?

If you answered "Yes" to any of these questions, you might be on the right track.

## Goal setting basics

Try to set resolutions that are SMART: Specific, Measureable, Attainable, Relevant, and Time-based. An example is: "I will play basketball with my kids for one hour once a week."

Write down your goals, your plan for reaching them, and your progress. Tweak your plan if it isn't working. Reward yourself for success.

Here are some other tips for making resolutions that stick.

## First, Make Them

- Make them realistic, attainable and personally important to you.
- Focus on small changes you can realistically make.
- Break your resolutions into small, specific steps.



## Then, Keep Them

Once you've settled on a few resolutions, these strategies can help boost your self-motivation:

- Work on one resolution at a time.
- Let friends and family know your goals, and ask for their support.
- Consider joining a support group.
- Mark your calendar to evaluate your progress.
- Finally, cut yourself some slack. Relapses are bound to occur. When they do, don't give up!