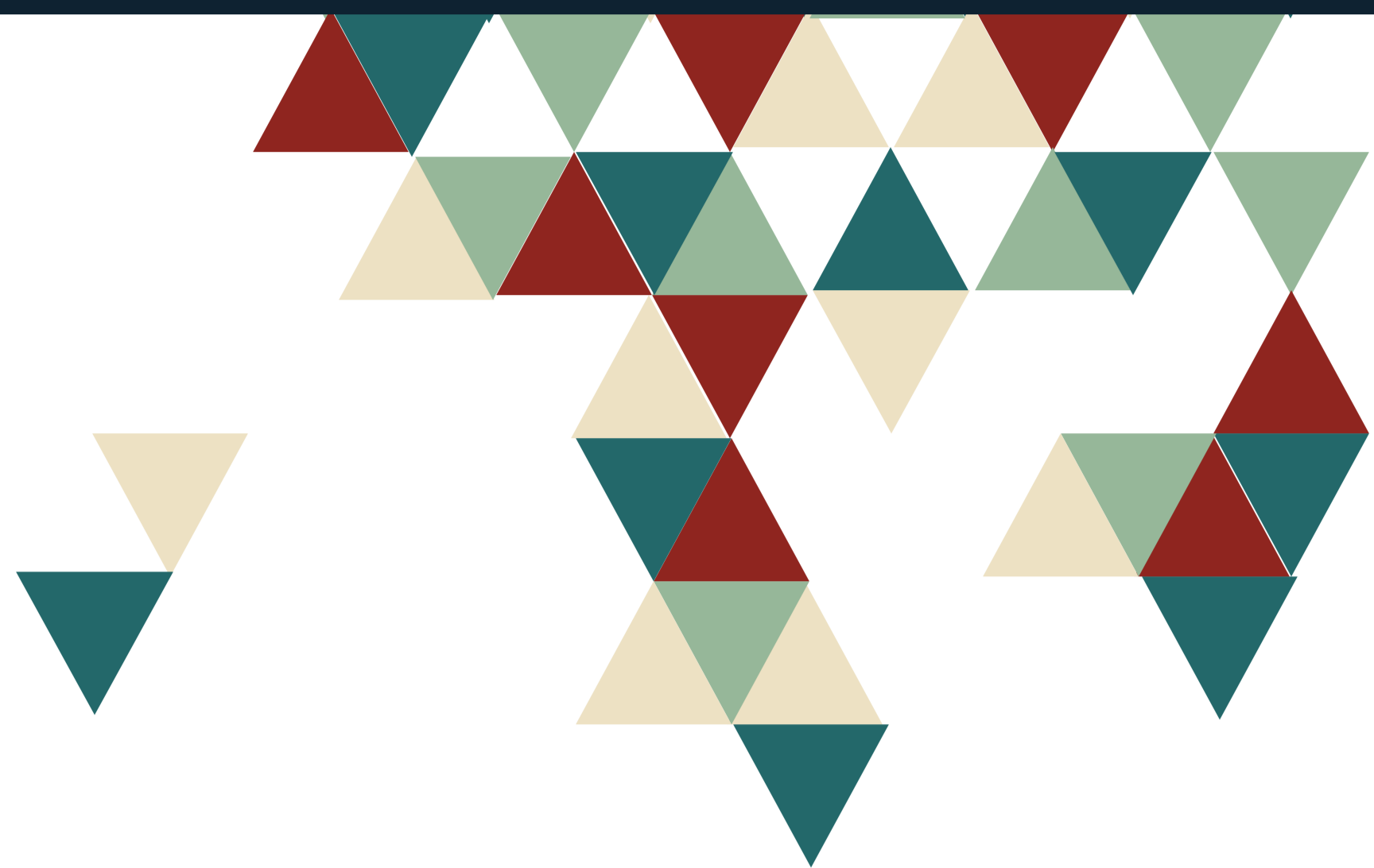


NEW YEARS RESOLUTIONS

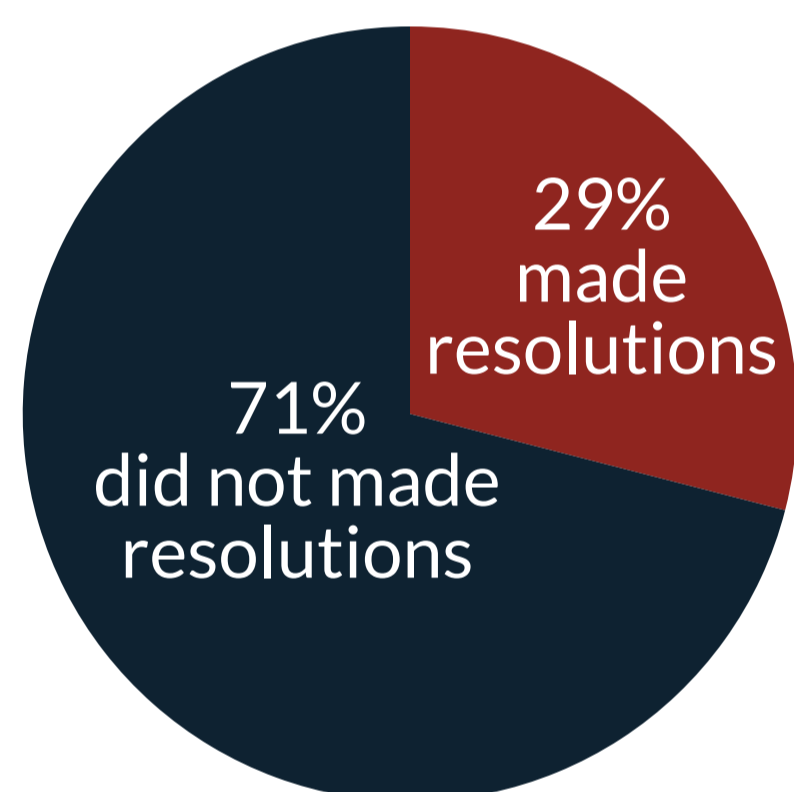
Setting Successful Goals!



TYPES OF NEW YEARS RESOLUTIONS:

1. Self improvement
2. Weight
3. Money
4. Relationships

% OF AMERICANS MAKING RESOLUTIONS in 2015



TOP 3 REASONS PEOPLE DON'T KEEP THEIR RESOLUTIONS

1. The resolution is not realistic
2. People expect an unrealistic benefit out of the behavior change
3. The person wasn't prepared to change

STEPS TO KEEPING YOUR NEW YEARS RESOLUTION!

1. CHOOSE ONE!

Change one behavior at a time to set yourself up for success.

2. SET REALISTIC GOALS AND BE SPECIFIC-

Achieving realistic and specific goals will motivate you to keep going.

4. MAKE A PLAN

Develop a series of smaller, consecutive, attainable goals.

5: ALWAYS HAVE A BACKUP PLAN

This will help you stay on track even if you come across an obstacle.

6: GET SUPPORT

Telling your family and friends about your goal will help you stay accountable.

7. REWARD YOURSELF!-

Celebrate your achievements to maintain motivation!

MAKE YOUR RESOLUTION:



STEP 1:

List 3 behaviors you want to change (e.g. eat more vegetables, save money, stop smoking, exercising more).



STEP 2:

Look at the behaviors you have identified and **CIRCLE ONE** that you want to concentrate on improving. Now take another look at the behavior you circled and write a specific goal that reflects the behavior. Is the goal realistic?

Ex: I will be physically active for 30 minutes 5 days a week.

WRITE YOUR FINAL GOAL HERE:

Ex: I will bring my lunch to work at least 3 days a week.



STEP 3:

Write down the date that you want to begin to change this behavior (hint: pick a date that is important to you and add it to your calendar):

START DATE: _____



STEP 4:

Make a plan for how you will accomplish your goal. In other words, what will you do to assure that you are successful at accomplishing the goal you wrote in step 2? Think about obstacles that might get in the way of you accomplishing your goal- how will you overcome them?

What I will do	Potential obstacle(s)	How I will overcome
Ex: I will walk for 30 minutes 5 days a week	Ex: Bad weather	Ex: Do an exercise video at home



STEP 5:

List the names of people you want to know about your resolution:

1. _____
2. _____
3. _____
4. _____



STEP 6:

How will you reward yourself when you meet your goal?
