

# A new year. ● ● ● ● ● ●

## A new you.

January 1 – a day of new beginnings, and it's coming soon. The new year is a natural time for you to take stock of your life and make a change for the better. Here are some suggestions to help you actually keep those resolutions.

- ★ **Think small.** (Or at least doable.) If resolving to lose 50 pounds is a bit overwhelming, commit to a "no snacking after dinner" policy. Smaller goals give you a greater chance for success.
- ★ **Begin in December.** Why not get started now? A new year is an attractive time to change, but convincing yourself you don't need excuses to change can be even more helpful.
- ★ **Have a strategy.** What will it take for you to achieve your goal? Set up a plan for how you will get to the gym every morning or how you intend to set money aside to build up your savings account.
- ★ **List the pros and cons.** Make a list of the pros and cons of your resolution and refer to it when you need help or motivation to stick to your goals.
- ★ **Don't be shy!** Tell all your friends and family about your resolution. That way, when you reach for yet another chocolate glazed donut, you'll have support from others who will hold you accountable.
- ★ **Take tiny steps.** Track your progress. Small, bite-sized goals are easier to digest. And don't forget to celebrate each milestone.
- ★ **Be nice to yourself.** If you go off your diet on a particular day, that's okay. Simply re-evaluate your goals and get on track the next day.

### Resolution: Stop procrastinating.

To rid yourself of this pesky problem and get you on your way, consider the following:

- ★ **What's the reason?** Are you afraid of failing? Are you distracted? Are you bored? Is it really that important to you?
- ★ **Taskmaster.** If a large project overwhelms you, break it up into smaller steps.
- ★ **Short attention span?** It's easier to commit to working hard for an hour than all day. Take breaks.
- ★ **Turn off the TV.** Eliminate any possible distractions by turning off the radio or computer and shutting down your Internet browser—whatever it takes to allow you to focus on the task at hand.

### What's your resolution?

- ★ Work harder.
- ★ Play more.
- ★ Lose weight.
- ★ Eat right.
- ★ Learn something new.
- ★ Walk for 30 minutes every day.
- ★ Be on time.
- ★ Watch more sunsets.
- ★ Consider a new career.
- ★ Say "thank you" often.
- ★ Quit drinking soda.
- ★ Call a long-lost friend.
- ★ Organize the garage.
- ★ Stop smoking.
- ★ Get rid of clutter.
- ★ Spend more time with family.
- ★ Improve time management.
- ★ Volunteer.

**63%**  
of people  
are faithful  
to their  
resolutions.

It's easier  
to start a  
new habit  
than break  
an old one.

**67%**  
of people make  
three or four  
resolutions.

### The top four resolutions:

- ★ Increase exercise.
- ★ Work harder at school or at work.
- ★ Adopt better eating habits.
- ★ Stop drinking/smoking.



# Ready, set, goal. 10 steps to getting what you want.

## 1 Choose a goal.

Specifically ask yourself, what is it that I want?  
Write it down below. Be bold and assign a deadline.

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## 2 What will make attaining this easier?

If you want to learn how to cook, try taking a cooking class.  
Or if you want to start exercising, try signing up for a new gym membership.

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## 3 What's my motivation?

What is it about your resolution that motivates you?  
If you're seeking a new job, is your motivation a higher salary?  
A more challenging position?

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## 4 Obstacles and solutions.

Write out your obstacles that hinder your resolutions and possible solutions that can help you overcome these obstacles.  
For example, if you want to lose weight, you could write:  
obstacle—I nibble; solution—keep chips out of the house.

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## 5 What's my roadmap to success?

Create a plan. Do you want clean closets? First, get rid of unused stuff. Figure out what organizers you need to help you achieve your goal, then make the time to do it.

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## 6 My moral support.

List the people you can rely on. Is there a friend who will go for walks with you at those times when you really want pie?  
A relative who works in the industry you're trying to get into who can mentor you?

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## 7 Visualize.

Imagine yourself achieving your goal. Picture the new home, the organized desk, yourself crossing the finish line of that 5k race.

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## 8 My slogan.

Think positive. Use affirmations and a progressive approach such as "I can do this," "I am strong and successful" or "I won't quit no matter what."

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## 9 The carrot.

Develop a plan for rewarding yourself. A new outfit for when you lose your next 10 pounds? A new house closer to that new job you're working for?

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## 10 Keep it posted.

Hang this worksheet on your bathroom mirror or wherever you'll see it.