

READY FOR RESOLUTIONS?



What is your New Year's resolution? Is it to start exercising? Eat Better? Quit smoking? Most people pick a resolution that calls for a lifestyle change. Most people fail to realize that resolutions are not short-term commitments. The best way to maintain your resolution is to turn it into a habit. It takes 21 days to form a habit - habits take some time to form, but once you have it down, it is easy to maintain and you don't have to think twice about it! In fact, forming a habit follows a simple 3-step process:

REACH YOUR RESOLUTION

Think about the overall picture. What is it that you ultimately want to achieve?

Once you have created this outline for yourself, you can begin to work on your goals.

Break down your large goal into smaller goals. This will make it easier for you to see your successes and help keep you motivated.

- S** • **Specific:** State exactly what you want to accomplish (Who, What, Where, Why)
- M** • **Measurable:** How will you demonstrate and evaluate the extent to which the goal has been met?
- A** • **Achievable:** stretch and challenging goals within ability to achieve outcome. What is the action-oriented verb?
- R** • **Relevant:** How does the goal tie into your key responsibilities? How is it aligned to objectives?
- T** • **Time-bound:** Set 1 or more target dates, the "by when" to guide your goal to successful and timely completion (include deadlines, dates and frequency)

DISRUPT WAY YOU NORMALLY DO THINGS

Example: Rearrange your pantry to make it harder for you to reach unhealthy options.

FORM NEW HABITS WITH REPETITION

Example: Grab a piece of fruit instead of reaching for a bag of potato chips every time you want a snack.

CREATE NEW CUES TO TRIGGER THE NEW HABITS

Example: When boredom strikes, you start to workout instead of watch television.

Make it Happen



EAT BETTER

Control weight and prevent health problems such as heart disease, high blood pressure, type 2 diabetes, and some types of cancer.

HOW TO START:

Look for a Variety:

Choose different foods within each food group. You don't always have to reach for an apple as your fruit. Try bananas, papayas, strawberries or oranges - the possibilities are endless!

Aim for Balance:

Incorporate more fresh fruits, vegetables, and whole grains at meal time. You can follow the guidelines provided by MyPlate at www.choosemyplate.gov

Practice Moderation:

Be mindful of portion sizes. Listen to your body and stop eating when you feel full. Wait 20 minutes before reaching for a second serving.

QUIT SMOKING

Save money and improve health and appearance

HOW TO START:

Find Your Reason to Quit:

Make a list of all the reasons you want to quit smoking and keep it in place that you will see it most often. Use this as a reminder for yourself whenever you get the urge to smoke.

Set a Quit Date:

This will allow you time to prepare yourself to quit and hold you accountable

Tell Your Friends and Family:

This will provide you with a network for support and encouragement to quit.



EXERCISE MORE

Improve mood, keep heart and lungs healthy, and promote better sleep

HOW TO START:

Find an Activity that You Enjoy:

Not all exercise has to happen in the gym. You can try swimming, dancing, riding a bike, walking the dog, or playing a sport. You are more likely to stick with something you enjoy

Build a Support System:

Workout with friends or family. They will be your support network and will help to motivate you and keep you accountable for your workouts.

DRINK MORE WATER

Keep your skin hydrated and looking good, prevent cramps, and flush out toxins

HOW TO START:

Make Easy Access:

Carry a water bottle for easy access to water while you're at work or out running errands.

Choose Water:

Choose water over sugar-sweetened beverages (like juice and soda) and dilute your fruit juice with water. You can also add fruit to your water to enhance its flavor.



GOALS FOR 2019

HEALTH:

RELATIONSHIPS (FAMILY, FRIENDS):

CAREER/EDUCATION:

TRAVEL:

FINANCES:

PERSONAL DEVELOPMENT:

Plan for Success

Goal:	Actions Needed to Reach This Goal:	Do By:	Done?
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