

JANUARY NEWSLETTER

Happy New Year! Here are some tips for making (and keeping) your New Year's Resolutions!



CREATE MEASURABLE GOALS

Try to steer clear of being vague.

Resolutions such as "I want to be healthier" or "I want to be happier" are intangible and difficult to measure. Instead, try saying "I will go to the gym 3 times per week" or "I will try therapy at least once per month."




SET YOURSELF UP FOR SUCCESS

It is easy to be motivated early on.

Motivation tends to wane naturally on goals. Set yourself up in advance to keep you on track. Make it so that bad habits are inconvenient and good habits are convenient.

PLAN FOR OBSTACLES

They will be there to try to derail progress.



Planning ahead for these obstacles can make it easier to face them when they pop up. For example, if your goal is to spend less money, create a set budget at the beginning of the month so you can stick to it.


TRACK YOUR PROGRESS

Be sure you're headed in the right direction.

Use apps or a calendar to check off days that you meet your goal. Use visual aids to see your progress. Reviewing your effort regularly can remind you of how far you've come!

LEARN FROM YOUR MISTAKES

They are part of the process.



People often think mistakes equal failure. Instead, learn from your misstep and use it as an opportunity to improve next time. The most successful people at maintaining goals actually slip up often!

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