



JANUARY

STICKING TO YOUR NEW YEAR'S RESOLUTIONS

ALL GOALS ARE WORTH STRIVING FOR, WHETHER IT IS THE NEW YEAR OR ANY TIME OF YEAR!

The start of the year is the perfect time to set meaningful goals, but it can be difficult to stay on track. Here are some tips to help you stick to your New Year's resolutions:

1. Identify Your Core Values

Start by making a list of your core values, such as health, honesty, compassion, adaptability, and security. Knowing what is truly important to you can help guide your resolutions. Set your priorities by choosing 3 or 4 of your values to focus on. Think about what actions you can take or stop doing to bring these values into your life.

2. Establish Specific, Measurable Goals

Once you have identified the changes you want to make, set clear, trackable goals. Vague resolutions are hard to achieve, so track your progress every day by writing them down or taking pictures.

3. Learn from the Past

Any time you fail to make a change, consider it a step toward your goal. Why? Because each sincere attempt represents a lesson learned. When you hit an obstacle, take a moment to think about what did and did not work.

4. Be Realistic

The most effective resolutions are those that are achievable. Gradually reduce unhealthy habits and focus on small, manageable steps that you can build upon over time. Create habits, not hurdles.

5. Be Creative

Resolutions do not have to be about weight loss or exercise. Consider other meaningful goals, such as improving your sleep habits, standing more at work if you have a desk job, or incorporating short walks throughout your day to boost your energy and well-being.

6. Manage your Stress

Stress is a major barrier to feeling good and being productive. Manage stress with relaxation techniques and avoid letting life's challenges get in the way of your goals.

7. Celebrate Progress, Not Perfection

Focus on the journey, not just the destination. For example, if your goal is to run a marathon, do not fixate on perfection, just aim to cross the finish line. You will be a winner, even if you walk part of the way. The same applies to all goals: any effort, no matter how small, is better than being still. Celebrate the progress you make, rather than stressing over the ideal outcome.