Tips for New Year’s Resolutions

1) Set realistic goals - be specific; track your progress. State your goals from the positive perspective of what you will do (rather than what you may want to not do). Often times people give up on their resolution because they took on more than is realistic or they are not specific enough with the plan.

2) Set up rewards for yourself on weekly or monthly basis & larger rewards at 6 mo, 9 mo & 12 mo markers since statistics show that at the six month marker and beyond, it becomes more difficult.

3) Anticipate obstacles. Identify triggers that lead you off course.  Come up with a plan of how you would handle the obstacles.  Common triggers overlooked are emotional states. Remember the acronym: H.A.L.T When we are Hungry, Angry, Lonely, Tired - we are more vulnerable to going off course.  Learn to identify internal emotional states and come up with alternatives for dealing with stressors or these emotional states.

4) Identify negative beliefs about yourself that come into play that may sabotage your plan, such as “I’m not worth it” or “I’m not good enough” or “I’m powerless”. Instead, tell yourself the truth and focus on positive beliefs such as “I’m worth it” “I’m valuable”, “I’m strong” or “I’m wise to know where I have power and where I don’t.”

5) Remember times in the past where you have achieve important goals to build your confidence that you have it inside to do it.

6) Find supports - Part of why things like A.A., Weight Watchers, The Biggest Loser is effective is because of - *Relationships* - that help motivate us.  Find a friend with a similar goal; take a class; join a group; Meet-up group; Hire a personal trainer or life coach. Make a friendly "bet" or competition with family member or friend.  Find a joint reward - that if we **both** accomplish our goal, then we go out to a special night out together or go on a trip together, etc!  Make it fun!

7) Take it one day at a time. What’s one thing you can do today towards your goal? Live more fully in the present, rather than the past or too much in the future.

8) Leave the past behind. Past unresolved pain can drain your energy and motivation for the present. If you have unresolved pain from the past, seek out support to gain further resolution (may be through a group, class, retreat or professional counseling)

9) Imagine success. Picture how you would think & feel if you succeeded in your goal. What emotions would it bring up? How would it impact your daily mood, relationship, work?

10) Let your new years resolutions reflect your core values.

11) If you relapse, rather than beat yourself up, learn from it and “get back on the horse”! Relapse is actually quite common. To learn from it, ask yourself, “What stressors, emotions and beliefs contributed to my old behaviors”?

12) Maintain a healthy balanced life that allows time for self care & reduces your vulnerability to wanting to give up.