

MAKE YOUR New Year's resolutions stick

Discover evidence-based strategies to successfully create and maintain your New Year's resolutions.



Stage 1: Planning

- Set realistic and achievable goals to ensure success. Overly ambitious goals often result in giving up.
- Craft a focused action plan. What specific steps will you take to achieve your goals?
- Make a public declaration of your resolution. Publicly committing to your goals tends to yield better results.



Stage 2: Kick-off

- Track your progress. "Self-monitoring" increases the probability of success.
- Celebrate your achievements. Treat yourself along the way with a (healthy) reward.
- Optimize your environment for success and create reminders for your resolutions.



Stage 3: Stay the course

- Build a strong support network. Partnering up with someone who keeps you accountable fuels your motivation.
- Stay positive and committed to your resolutions, even if you encounter setbacks along the way.
- Remember that meaningful change takes time. It takes three to six months before a change becomes routine.

Need help setting your resolutions? Call a well-being coach at **888-616-6411** to help you set and stick to your goals this year. For more healthy tips, visit [**BeWellSHBP.com/NewYear**](https://BeWellSHBP.com/NewYear).