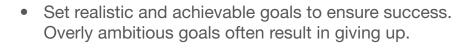


MAKE YOUR New Year's resolutions stick

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



- 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 1:

Planning

- Track your progress. "Self-monitoring" increases the probability of success.
- Celebrate your achievements. Treat yourself along the way with a (healthy) reward.

Stage 2: Kick-off

- Optimize your environment for success and create reminders for your resolutions.
- 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.

Source: sharecare.com, Dr. John Norcross

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