

KEEPING RESOLUTIONS

TIPS FOR REACHING YOUR GOALS IN THE NEW YEAR

1.



SHARE WITH OTHERS

Make your goals public by telling friends and family. This will push you to take ownership of your goals and hold you accountable.

2.

SET MILESTONES

Break up daunting goals into more manageable steps, and then reward yourself when those are reached. The reward will motivate you to continue



3.



BE REALISTIC

Studies have found that thinking too optimistically can lead to complacency. If you rely too heavily on optimism, you take less action towards your goals. Try to balance the reality of your current situation and the dream of where you want to be.

4.

KEEP TRYING

The start of the year doesn't have to be the only time you set goals. Continue looking for times to reinforce your dreams throughout the year.

