

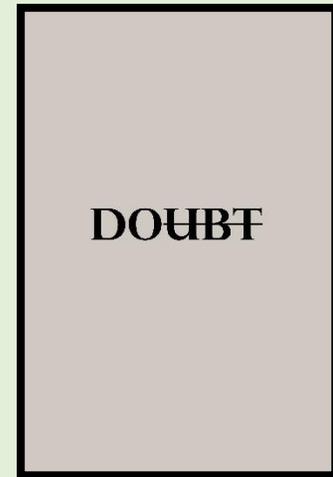
Go Ahead, Set Goals

- *Is this the year that your healthy New Year's resolutions will last past January?*
- *Are you looking for help with creating resolutions that are realistic enough to work?*

The start of a new year is a great time to make plans to change for the better. But be careful not to set yourself up for a fall with unrealistic resolutions. Below are some dos and don'ts for goal setting. They could help put you on the track to a healthier and happier year.

Do...

- **Visualize the outcome you want** and how it will make you feel. Write it down. Focus on one or two goals that are the most important to you.
- **Create a step-by-step list** that can be checked off with each accomplishment. Break down each goal and keep it simple.
- **Get support from trusted friends and family** and let them in on your goals.
- **Think positive.** Keep your spirits up and find fun, healthy activities to fill your time.
- **Surround yourself with motivating reminders** and keep them in easy-to-spot locations.
- **Give yourself a healthy treat or reward** when you reach a milestone. Pat yourself on the back.



Don't...

- **Make strict, all-or-nothing goals** that include words like "never" or "always."
- **Set yourself up for failure by creating goals that are unrealistic** and too big to achieve. Start with small goals that you can reach easily, and then keep building on your successes.
- **Give up and let yourself be derailed by setbacks.** Stay focused.
- **Forget the important reason why you made your resolution in the first place.**
- **Put off tackling your goals.** Visualize the obstacles and how you can overcome them. You might be surprised by how many goals you will be able to achieve.



List any new and continuous goals in your life—learn a new skill or a new language, reduce stress, stick to a budget? Make your goals SMART: Specific, Measurable, Achievable, Relevant and Timely.

True change is done in small steps. Trying to set goals that require you to make many changes all at one time may lead you down the road to no change. Pick one goal you would like to work on. Use the S.M.A.R.T. method to reach that goal and then move on to a new goal!

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