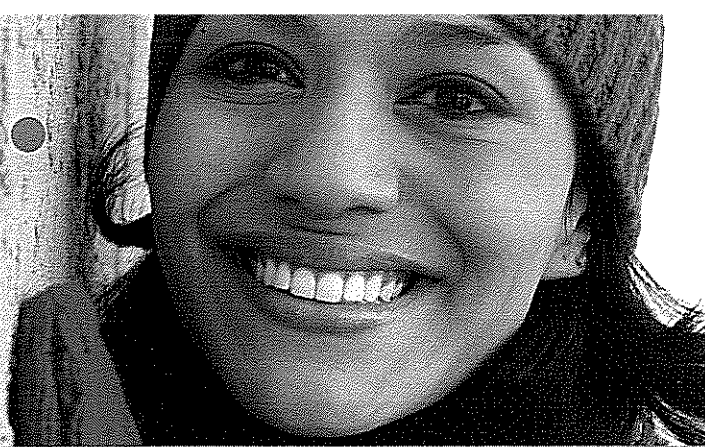


A new year. A new you.

January 1 – a day of new beginnings, and it's coming soon. The new year is a natural time for you to take stock of your life and make a change for the better. Here are some suggestions to help you actually keep those resolutions.



- ★ **Think small.** (Or at least doable.) If resolving to lose 50 pounds is a bit overwhelming, commit to a "no snacking after dinner" policy. Smaller goals give you a greater chance for success.
- ★ **Begin in December.** Why not get started now? A new year is an attractive time to change, but convincing yourself you don't need excuses to change can be even more helpful.
- ★ **Have a strategy.** What will it take for you to achieve your goal? Set up a plan for how you will get to the gym every morning or how you intend to set money aside to build up your savings account.
- ★ **List the pros and cons.** Make a list of the pros and cons of your resolution and refer to it when you need help or motivation to stick to your goals.
- ★ **Don't be shy!** Tell all your friends and family about your resolution. That way, when you reach for yet another chocolate glazed donut, you'll have support from others who will hold you accountable.
- ★ **Take tiny steps.** Track your progress. Small, bite-sized goals are easier to digest. And don't forget to celebrate each milestone.
- ★ **Be nice to yourself.** If you go off your diet on a particular day, that's okay. Simply re-evaluate your goals and get on track the next day.

What's your resolution?

- ★ Work harder.
- ★ Play more.
- ★ Lose weight.
- ★ Eat right.
- ★ Learn something new.
- ★ Walk for 30 minutes every day.
- ★ Be on time.
- ★ Watch more sunsets.
- ★ Consider a new career.
- ★ Say "thank you" often.
- ★ Quit drinking soda.
- ★ Call a long-lost friend.
- ★ Organize the garage.
- ★ Stop smoking.
- ★ Get rid of clutter.
- ★ Spend more time with family.
- ★ Improve time management.
- ★ Volunteer.

63%
of people
are faithful
to their
resolutions.

It's easier
to start a
new habit
than break
an old one.

67%
of people make
three or four
resolutions.

The top four resolutions:

- ★ Increase exercise.
- ★ Work harder at school or at work.
- ★ Adopt better eating habits.
- ★ Stop drinking/smoking.

Resolution: Stop procrastinating.

To rid yourself of this pesky problem and get you on your way, consider the following:

- ★ **What's the reason?** Are you afraid of failing? Are you distracted? Are you bored? Is it really that important to you?
- ★ **Taskmaster.** If a large project overwhelms you, break it up into smaller steps.
- ★ **Short attention span?** It's easier to commit to working hard for an hour than all day. Take breaks.
- ★ **Turn off the TV.** Eliminate any possible distractions by turning off the radio or computer and shutting down your Internet browser—whatever it takes to allow you to focus on the task at hand.

