



REAL LIFE

JANUARY 2015

# SOLUTIONS

## Has Your New Year's Resolution Already Ended?

If by now, your well-intended New Year's resolution has already come and gone, do not despair. Millions of folks have rocky relationships with New Year's resolutions. As someone once said, "A New Year's resolution is something that goes in one year and out the other."

So why do resolutions come and go without impacting your life for the better? One reason may be because they were randomly made without any connection to what is really happening in your life. Our New Year's resolutions suffer from the same lack of cohesion that our lives in general often do. And as with life, so with resolutions: No common thread, no real meaning. Typically, no real meaning, results in no real doing.

Instead, is your theme for 2015 the year of financial peace or mindful eating or a time of renewing old friendships? What small steps can you take to align with your chosen theme? For example, you may say I will no longer eat a meal while checking a portable device. I will spend 20 minutes eating supper...sitting down. I will try new recipes to rejuvenate my cooking skills and taste buds. When you have chosen your right theme, the smaller tasks or goals become a possibility.

**Here are some techniques to help you become a super resolution achiever:**

### 1. Only pick three goals.

Identify one important goal that you want to achieve no matter what. You can set two other goals to work toward as well. If you try to do more

than three things at once, you may lose track of what's most important. You may neglect one of your goals and feel guilty about it. Don't lose confidence in yourself!

### 2. Write your resolutions down and post them somewhere.

Think of a single word to represent each of your resolutions and post it somewhere in your home. If you want to lose weight, make a sign with the word "healthy" and hang it on your refrigerator, so that every time you get food you'll be reminded of your resolution. Announce resolutions to your family and friends. Post them on social media.

### 3. Turn each resolution into a habit.

Now that you've chosen a goal, find something that you can do every day to work toward it. Working on your resolutions every single day is very effective. If you do something every day, it becomes a habit. Soon you won't even think about it; you'll just do it naturally, like brushing your teeth.

### 4. Work on one habit per month.

To achieve an important goal, you may need to pick up several good habits. Focus on one good habit per month. After you've gotten used to the first one, add the next one. For example, if you want to save more money this year, you can add habits like this:

- January: Write down your expenses each day.
- February: Make your own lunch each day

- March: Create a budget

### 5. Use a calendar

Every day that you keep up your good habits, mark the day on a calendar with an "X." Seeing all of the hard work marked on the calendar will provide motivation to continue working hard every day.

**Remember these tips to help you reach your goals:**

- Pick one main resolution and one or two secondary ones.
- Write your resolutions down and post them in easy-to-see places.
- Find a way to work on your resolutions every day.
- Start just one new habit per month.
- Keep track of your progress on a calendar

If you're going back to step 1 for your 2015 New Year's resolution, choose your theme – your framework – wisely. Then each resolution will be a building block toward your common theme. Identify steps you can take each day or each month to help you reach your goals. Embrace the theme and enjoy the journey!

2014 Employee & Family Resources and adapted from <http://www.phrasemix.com/>

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