

# Six Ways to Make Your New Year's Resolutions Last

As another year draws to a close, many of us are thinking about what changes we can make next year to improve our quality of life. While 45 percent of us make New Year's resolutions, only eight percent manage to keep them. How can we boost our chance of success?

- 1. Set S-M-A-R-T goals.** A S-M-A-R-T goal is one that is specific, *measurable*, *attainable*, *realistic*, and *time-bound*. For example, rather than saying you want to lose weight, create a S-M-A-R-T goal: I will lose 10 pounds over 3 months.
- 2. Keep your list of resolutions short.** Skip the bucket lists and major makeovers – Competing priorities make it harder to succeed. Instead, keep your list brief and tackle one resolution at a time.
- 3. Schedule time for your resolutions.** If possible, set aside time for your resolutions, just as you would any kind of appointment. For example, if your S-M-A-R-T goal is to lose 10 pounds over three months, block time in your schedule to go to the gym three times a week.
- 4. Share your goals.** Sharing your goals with others can help you stay on track. Social media makes it even easier to loop in friends and family.
- 5. Chart your progress.** For some, making an old-fashioned to-do list with pen and paper works just fine. Others may prefer an online goal-tracking tool. As you track

your progress, chances are you may have a few setbacks. Forgive yourself and move forward instead of completely giving up.

- 6. Reward tiny victories.** Did you reach a mini-milestone – such as losing three of 10 pounds? Celebrate the little wins; doing so can provide a sense of accomplishment and motivation.

From online wellness resources to personalized wellness coaching, your Employee Assistance Program (EAP) is a great resource to help you achieve any wellness-related goals. To get started, call your EAP at the number below, or visit your EAP member website.

## Need help?

Call toll-free, 24 hours a day,  
seven days a week:

**1-866-EAP-4SOC | 1-866-327-4762**

TTY users should call 1-800-327-0801.

Or visit us at: [eap4soc.mhn.com](http://eap4soc.mhn.com)  
and register with the company  
code: soc