



How Resolutions Can Lead to Real Change

LiveLifeWell Today

- Write down your goals and tell someone!
- Keep a positive attitude to help propel you toward your goal.

Visit iLiveLifeWell.com to learn how to apply these tips and more to your lifestyle.

Do you make a list of New Year's resolutions each year? How many of them have you been able to translate into long term, lifestyle habits? A common problem with most resolutions is that they are too broad, and don't have practical applications to make them stick over time. This year, take some time to create SMART goals to help you achieve your resolutions and provide you with a lasting lifestyle change.

Achieve Your Resolution the SMART Way

SMART stands for Specific, Measurable, Attainable, Realistic and Time-bound. Think about why your resolutions are important to you and apply the SMART method to your goals will help you attain practical changes in your lifestyle.

1. **Resolution: Exercise More**
Real Change: Walk during my lunch break for 30 minutes, 3 times a week for the next 3 months.
2. **Resolution: Eat Healthy**
Real Change: Replace potatoes or carbohydrates with green vegetables once a day and evaluate how I feel at the end of 2 months.
3. **Resolution: Quit Smoking**
Real Change: Enroll in Health Coaching by the end of the month, and prepare for my Quit Day so I can be smoke-free in 9 months.
4. **Resolution: Find Work/Life Balance**
Real Change: When I'm not at work, spend more time doing things I like with the people I love. When work is busy try to limit my longest work days to no more than 3 times a week.

Ask Yourself This

Are you making a change because you want to or because you need to? The answer to this question could impact your motivation and the steps you take to achieve it.

- **Be realistic.** Being an over-achiever can set you up for failure. Create small milestones to focus on and recognize when you've reached them.
- **Check-in** on a weekly or monthly basis to assess your progress and be held accountable.
- **Adjust your goals** when you begin to notice that the goal isn't important anymore.