

"How to" Health Tips

How to Make New Year's Resolutions You Can Keep

25% of people abandon their New Year's resolutions after one week, and 60% of people abandon them within six months. Let this year be different by applying these proven coaching tools...

1 Write down your goals.

You are 42% more likely to achieve your goals just by writing them down.

2 Make them SMART.

SMART goals are...

Specific – What, exactly, do you want to accomplish?

Measureable – How will you track your progress?

Action-Oriented – What steps are you going to take to achieve this goal?

Realistic & Relevant – Why is this goal important to you? Is it attainable?

Time-bound – When do you want this goal completed?

3 Share them with your support network.

Ask 1 or 2 people if they will support you and hold you accountable in reaching your goal. Explain to them why achieving this goal is important to you and send them regular progress reports.



While you are 42% more likely to achieve your goals just by writing them down, writing actionable items for each goal, sharing your goals, and sending weekly progress reports to friends increases your success rate to 77%!



Regence

Group Administrators

An Independent Licensee of the Blue Cross and Blue Shield Association

www.accessrga.com