



# 7 Ways to Stick to Your New Year's Resolutions

On average, only **8%** of people stick to their **New Year's resolutions**. If you want to be among the few people who keep their resolutions, you need more than just willpower – you need a *strategy*! Use these seven tips that will help you to create a game plan to achieve your resolutions in 2022.



## 1 Commit to goals that are meaningful to YOU.

Instead of setting goals based on what you think you “should” do or on what others suggest, think through what resonates most with you.

## 2 Set realistic and obtainable goals.

Set SMART goals (Specific, Measurable, Attainable, Realistic and Time-Bound). For example, “I will meditate for 10 minutes every day” or “I will finish a 5k race in March.” Both goals are simple, easy to understand and follow the SMART goal template.



## 3 Put it on paper.

Not only does writing your goal take it out of your head and solidify your intentions, but you are also **42%** more likely to achieve your goals if you write them down.

## 4 Get a buddy. Accountability is key.

Share your resolutions with your friends, family or even your social media following. This will help keep you committed to your goals and you'll likely receive additional motivation from others.



## 5 Create daily reminders.

Post your goals where you can see them every day. Let these reminders be your time to visualize your goals and remind yourself of the daily tasks needed to reach them.

## 6 Schedule periodic reminders.

Put reminders in your phone, on your calendar, or schedule encouraging emails to send to yourself automatically at points throughout the year to motivate you.



## 7 Pencil in some “Me Time.”

Reward your progress with things that you enjoy like getting a massage, catching up with an old friend over coffee, or a date night with your partner.

Here's to another year of healthy resolutions! Following these seven suggestions will make your New Year's resolutions more successful than in years past. Now, get to it!