



# Staying motivated with habits that stick!

The new year is a perfect opportunity to establish new goals, build healthier habits, and take stock of your overall wellbeing. Despite this, New Year's resolutions can be overwhelming – especially if they're too broad or ambitious. For many people, planning exactly how they'll put resolutions into action improves their odds for success.

Here are four tips that may help this be the year your resolution becomes a habit.

## 1 SET A GOAL AND BE SPECIFIC...

How many times have you decided, "Today, I am going to start eating healthier." Or maybe you have told yourself, "Beginning Monday, I am going to exercise every day." Being specific – and realistic – will help with those goals. Instead of committing to eating healthier, commit to eating one piece of fruit every day with lunch. Or maybe you can create a habit of walking for 15 minutes, three days a week, after work. Once you have a goal set, write it down and keep it where you will see it.

## 3 FIND A SUPPORT SYSTEM.

While your first instinct may be to find a workout buddy who is a friend, that may not be the best way to cultivate your routine. Try building a habit with like-minded people who have already created the routine you are trying to establish. Maybe you want to start running. Find a running group you can join that already has set days and times they meet. Take a class at a gym. That barre or kickboxing class is already happening – go to it and get in the habit of being there for each class.

## 2 ...BUT ALSO, BE FLEXIBLE.

Nothing derails a habit or routine like something unexpected. Maybe you committed to going to the gym two days a week after work. But meetings ran late, and you did not make it. Or you have a child in sports and their practice time changed which means your schedule changed. Do not give up! Be flexible and allow yourself some grace – developing new habits is challenging. Maybe you can get up early one day to fit in your workout, or what about making time during your lunch break? A successful habit is created through routine, but do not let that routine sabotage your success.

## 4 IT'S OKAY TO START AGAIN.

While the new year is a great time to build healthy habits, it's not the be-all, end-all if you don't stick to a goal. Life isn't always linear, and goals don't have to be either. Starting again doesn't mean you've failed – it means you're committed to growth and willing to try again. Every day is a fresh opportunity to realign with what matters most to you, so give yourself permission to reset and keep moving forward.