Make Your New Year’s Resolution Stick

It’s almost the time of the year when we get a fresh start. The New Year is an excellent opportunity to commit yourself to a goal or resolution. The trick is making it stick. We all know how easy it is to go to the gym on January 1st… but what about March 1st? Maintaining commitment to and enthusiasm for a goal is hard. Let’s talk about how you can make your New Year’s resolution a successful one this next year!

Steps to Creating a Goal

1. Successful Goals Are Clear
2. Successful Goals Are Written Down
Putting your goals in writing and in a place where you read them often dramatically increases your chances for success.
*Tip:* put up 20 post it notes and take one down every time you are successful.

3. Successful Goals Are Compelling
We need goals that excite us about the outcome we desire and the process of getting there.

4. Successful Goals Require Immediate Action
Taking immediate action helps build excitement and momentum.

5. Successful Goals Have an Action Plan
You need an action plan, a map. The most common cause of failed goals is lack of a plan.

6. Successful Goals Are Specific
*Tip:* use SMART goals set up to ensure specificity

7. Successful Goals Are Accountable
Committing your goals into writing holds you accountable to yourself.
*Tip:* find a partner to work towards your goal with.

8. Successful Goals Require Work

9. Successful Goals Require CPR
You want to be Consistent, Persistent and Resistant.

10. Successful Goals Require Celebration!

“*Nope, no New Year’s resolutions for me this year—I’m still working on a backlog dating from ’87.”*
#### Strides

Check out this App

This app helps track different goals and habits for you. It looks at target goals, habit goals, and project goals. The app has a Habit Tracker to help keep track of how many times you do the habit daily, weekly, and monthly. There is also a Goal Tracker that utilizes SMART goals to improve goal setting. The last feature includes a sense of accountability to make sure you track your goals and habits.

#### Eat Well Be Well Printable Recipe Card

Just print this page, cut, and fold for a 3x5 recipe card

- 1 large head of cauliflower
- 1 clove of garlic minced
- 1/2 cup shallots minced
- ½ cup of frozen peas and carrots thawed
- ½ cup of corn thawed
- 2 tablespoons of sesame oil or olive oil
- 2 tablespoons of soy sauce

#### Directions

1. Preheat the oven to 375 Degrees Fahrenheit
2. Chop cauliflower into small florets and put them into a food processor
3. Pulse until the cauliflower is small and looks like rice
4. In a bowl combine the cauliflower rice, sesame oil, garlic, and shallots
5. Spread cauliflower on a large baking sheet and roast for 8 minutes, spread again and roast for another 8 minutes
6. Add the veggies to the cauliflower rice and stir, roast for a couple extra minutes
7. Pour soy sauce over top and stir
8. Add 2 eggs, chicken, or shrimp as you wish

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#### Bird Dog

Check out this Exercise

Get on your hands and knees. Extend one leg back and raise one arm on the opposite side. Your leg and arm should be parallel to the ground. Then you tuck in the same arm and leg under your chest, so your elbow touches your knee. Repeat on the other side. Do 12-15 reps 3 times.

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#### Employee Spotlight

Angela Kueny
Assistant Professor of Nursing

In your opinion, what is it that makes changing our habits and behaviors so difficult?

“For me, it’s the desire and temptation to try to please others that prevents me from changing habits. If I were a solo individual, with no one else in the world to care for, I would likely change what I needed to change. But, as a mother, wife, and teacher, I find that I give away a lot of myself and feel less control to change what I want. I love all of these roles, this isn’t a sacrifice, but that’s my barrier to change.”

Do you have a New Year’s resolution in mind?

“My New Year’s resolution is always focused on finding balance. I love fresh air and sleep, and I have to find new creative ways to get these consistently all year long!”