



## **Keeping New Year's Resolutions**

With the beginning of a new year comes the opportunity to start new and create habits to help improve our lives throughout the year.

Many of us pick a “New Year’s resolution” as a goal to accomplish throughout the year. Whether it be health, work, financial, or spiritual related, it can be hard to start a new habit and stick to it. It has been said that it can take anywhere from 21 to 66 days to form a new habit, but the truth is that there is no magic number, and every person is different. Here are some tips to help you on your personal journey to fulfilling your New Year’s resolution.

### **FIND YOUR “WHY”**

Take a moment to think about why you want to accomplish this goal. Is it for you? Is it for your family? Knowing why you want to accomplish something provides a foundation for your goal that you can refer to when you’re feeling unmotivated. Your reason why can be your biggest motivator.

### **START SMALL**

If you have never exercised before, plan to exercise 2 to 3 days a week instead of 5 – 7. The more you become accustomed to doing something, the easier it will be to do it more often.

### **FOCUS ON ONE CHANGE AT A TIME**

To avoid feeling overwhelmed, pick one goal and stick to it.

### **BE PATIENT**

We form bad habits over a long period of time. Therefore, forming good habits also takes time. Keeping that in mind, it is important to be patient and kind with yourself if it takes longer than expected to see the results you want.

*Sources: The American Physiological Association. The Health Tip of the Week is for educational purposes only. For additional information, consult your physician. Please feel free to copy and distribute this health resource.*

*<https://www.adventisthealthcare.com/living-well/keeping-new-years-resolutions/>*

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