



South Central's Health on Blast

A Kinder Take on New Year's Resolutions 2016

New Year isn't meant to serve as a catalyst for sweeping character changes. It is a time to reflect on the past year's behavior and decide to make positive lifestyle changes, as necessary.

Take your time to slow down and listen mindfully rather than rush forward with grand new plans. Start from a place of kindness and self acceptance.

Quiet your body and mind until you feel quite still. A short mindfulness of breath practice is a good start.

Now ask yourself: What is my intention for 2016? Sit with the question rather than pushing for an answer.

Practice patience and trust that the answer will come with greater authenticity if you allow it to come in its own time. It might take many quiet contemplations or just a few.

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Make S. M.A. R.T. Goals

S – Specific (losing 10lbs or reading the Old Testament)

M – Measurable (Am I losing weight? Have I read?)

A – Attainable (challenging yet realistic goals)

R – Relevant (Am I motivated by my own desires?)

T – Time Frame (Monthly? Yearly?)

People who make resolutions are 10 times more likely to attain their goals than people who don't make resolutions!!

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The trick to making a New Year's resolution that actually sticks, is to **visualize your resolutions in concrete terms.**

7 Tips to Keep On Track

1. Pick One Thing- make it realistic
2. Plan Ahead- write it down (who, what, when, where, how)
3. Anticipate Problems- implement the change gradually
4. Pick a Start Date- so you can track progress
5. Go For It- be determined to not give up
6. Accept Failure- don't give up because you made a mistake
7. Plan Rewards- celebrate the small successes

Maintain a POSITIVE attitude...YOU CAN DO IT!!!