

New Year New You

6 Tips to Help You Keep Your New Year's Resolution

1 Be Realistic

Taking on a large goal is tempting, but it can also set you up for failure. If the goal is too much of a stretch, it can fuel a downward cycle: lack of achievement, decreased motivation, and self-criticism. You'll give yourself your best shot at success if you set a goal that's doable and meaningful too.



2 Outline Your Plan

Because you won't just wake up and change your life, you not only need a plan for what to do, but also for what roadblocks you'll come across along the way. Decide how you will deal with the temptation to skip that exercise class or have that piece of cake.



3 Find a Partner

Whether it's your spouse, a friend, a coworker, or a coach, it's much easier to follow through on goals if you have a buddy. In the best-case scenario, you'll hold one another accountable. Tell your partner to go big on the motivation as it's much easier to succeed when there's someone rooting for you!



4 REWARD YOURSELF

If your focus is just on the endgame, it's easy to feel discouraged when progress plateaus. That's why it's crucial to recognize and reward the smaller successes along the way. Celebrate your success by treating yourself to something you enjoy that doesn't contradict your resolution.



5 DON'T BEAT YOURSELF UP

Perfection is unattainable. Obsessing over the occasional slip won't help you achieve your goal. Do the best you can each day and take one day at a time. Everyone has ups and downs; resolve to recover from your mistakes and get back on track.



6 STICK TO IT

Those unhealthy habits that you are trying to change took years to develop, so how can you expect to change them in just a matter of weeks or months? Experts say it takes about 21 days to form a habit and six months for it to become part of your routine. It won't happen overnight, so be patient!



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