

My New Year's Resolution

Name: _____

Date: _____

Tips for Keeping Your Resolutions:

1. Set a realistic goal
2. Have a plan
3. Write down your goal and plan
4. Involve a friend
5. Reward yourself for steps
6. Tell yourself a setback is not a failure
7. Keep a chart of your behaviour
8. Tap into your higher power

My New Year's Resolution:

Goal	
Plan	
Friend	
Rewards	

A SMART Goal is:

- **Specific.** General goals like “be a happy person” are not as useful as specific goals like “stop telling myself I can’t do anything right”. Try to be specific about what your goal is and how you will achieve your goal.
- **Measureable.** If you set a goal that can be measured then you will be able to track your progress. Motivation isn’t all about the end result; it’s about every small step along the way.
- **Achievable.** It might seem great to set a really lofty goal but this can also be one of the greatest ways to set yourself up for failure. If you want to keep the lofty goal then write it down somewhere and focus most of your attention on smaller goals that will be steps towards the grander goal. Also, set a goal that is within your control, not something that you have little control over like trying to change somebody else.
- **Relevant.** Is this really the thing I want to focus my energy and effort on? Is this *my* goal or one somebody else is pushing on me? When I look back in 5 years am I going to think this was a meaningful goal?
- **Time-Bound.** Setting a realistic deadline can help with motivation. Spell out the target date for reaching your goal. You can also give yourself some time-bound steps along the way.

SMART Goal Example 1: I will lose one pound per month over the next 12 months by walking 30 minutes twice per week, bringing a healthy lunch to work each day rather than buying fast food, and drinking one less pop per day.

SMART Goal Example 2: By June 30 I will have \$600 saved in my emergency fund. I will do this by reducing my weekly spending on cosmetics and lottery tickets by \$25.

Stages of Change (Prochaska)

1. **Precontemplation.** You might agree that change would be a good idea someday but you are not planning to change within the next 6 months.
2. **Contemplation.** You are planning to make the change within the next 6 months but you haven’t started.
3. **Preparation.** You are planning to make the change within the next 30 days and you may be taking steps to get ready.
4. **Action.** You are actually making the change but are not yet at the point where it is fully accomplished.
5. **Maintenance.** You have successfully made the change and are working to keep yourself from slipping back into the old habits.

Additional Tidbits

- The single biggest factor in eating behaviour is the availability of food. If you need to lose weight, the battle may be won or lost as you make your weekly grocery list or as you decide if you are going to store those yummy cookies on the kitchen counter or in a cookie jar in the basement.