

KEEPING YOUR NEW YEAR'S RESOLUTIONS?

*I hope that in this year to come, you make mistakes.
Because if you are making mistakes, then you are making new things, trying new things,
learning, living, pushing yourself, changing yourself, changing your world.
You're doing things you've never done before, and more importantly, you're doing
something...Neil Gaiman*

WHAT TO KNOW!

- ❖ Research shows that New Year's resolutions are made by 50% of adults
- ❖ The most popular New Years' resolutions are to:
 - ❖ lose weight
 - ❖ stop smoking
 - ❖ grow in some way
 - ❖ exercise more
 - ❖ find adventures
 - ❖ spend more time with loved ones
 - ❖ get a more rewarding job
 - ❖ develop a new skill
- ❖ Only 8% of people actually keep their resolutions for more than a few months
- ❖ Resolutions are difficult to keep because:
 - ❖ they often require big changes in routine behaviors and lifestyle
 - ❖ they are unrealistic to achieve and people underestimate their commitment to what they can actually do
 - ❖ people want quick success where habit change can take a long time and requires much practice
 - ❖ they may be too long term and people often want immediate change
- ❖ People choose New Year's to make resolutions because the holiday tends to act as a benchmark separating the old from the new
- ❖ If you fail to reach your goals but actually tried then consider that the journey may be more important than the destination

WHAT TO DO TO KEEP YOUR RESOLUTIONS!

- ❖ Be honest with yourself and recognize that resolutions require effort and commitment
- ❖ Get small rewards on the way to your goal
- ❖ Accept learning something every day as a way to grow yourself
- ❖ Commit yourself to daily or weekly exercise
- ❖ Make sure your goals are reasonable and maybe aim for less
- ❖ Tell others about your resolutions or work in a group to keep motivation high
- ❖ Recognize when you are making excuses and start again
- ❖ Make your changes in the morning as you are more likely to do them
- ❖ Be realistic and make one change at a time
- ❖ Track your progress on a chart or on your phone
- ❖ Reinforce and strengthen friendships and relationships for support
- ❖ Seek professional help if you are unduly frustrated with being unable to achieve your resolutions

WE CAN HELP!

Call us at **954 755-2885** or email us at DrKimmel@KimmelPsychology.com

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