

THE S.M.A.R.T. METHOD FOR KEEPING NEW YEAR'S RESOLUTIONS!

*So here we are a brand new year, and I'm gonna do things differently,
I'm gonna make some changes in my life, I'm gonna set the records straight, that's right
And maybe find the love of my life, Now wouldn't that be nice? ...Celine Caroll*

WHAT TO KNOW!

- ❖ New Year's resolutions involve people deciding to change their lives by improving on a trait, behavior, or life situation
- ❖ The greatest factor in predicting success is the belief that one can succeed
- ❖ The reality is that half of all adults make New Year's resolutions and fewer than 10% actually keep them for more than a few months
- ❖ The most popular resolutions include:
 - ❖ Losing weight and stopping smoking
 - ❖ Reducing stress and enjoying life more
 - ❖ Saving money and paying off debts
 - ❖ Getting a better job and improving one's career
 - ❖ Reading and travelling more
 - ❖ Decluttering the home and being more organized
 - ❖ Spending less time on social media and more with family
- ❖ Resolutions fail because they are either unrealistic or people don't realize that change doesn't come easy
- ❖ People who succeeded in keeping resolutions avoided tempting situations, rewarded themselves, and believed in themselves that they could do it
- ❖ Success at keeping resolutions involves actually thinking and acting differently
- ❖ Successful resolution keepers often slipped in the first month but didn't quit, rather, they redoubled their efforts
- ❖ Use the **S.M.A.R.T** Method to achieve attainable goals
 - ❖ **Specific:** Make the goal specific and focused i.e. I will lose 15 pounds
 - ❖ **Measurable:** Make the goal quantitative so that benchmarks can be monitored
 - ❖ **Attainable:** Break down the goal into smaller steps that can be accomplished
 - ❖ **Realistic:** Choose goals that can be achieved and have no barriers to success
 - ❖ **Timely:** Make your goal time limited to increase your motivation and effort

WHAT TO DO!

- ❖ Rather than make a promise to change, be honest and decide whether you are truly committed to your goal
- ❖ Make a plan as to what you will need to do to keep moving toward your goal
- ❖ Keep a record and reward yourself for successful completion of each step towards your goal
- ❖ Don't give up if you have a slip or fail; start again as the only true failure is giving up and not trying
- ❖ Seek professional help if your negative emotions prevent you from achieving your goals

WE CAN HELP!

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

Joel I. Kimmel, Ph.D. P.A. and Associates
5551 N University Drive, Suite 202
Coral Springs FL 33067