

## 10 TIPS FOR KEEPING YOUR NEW YEAR'S RESOLUTION

- (1) State what you want, not what you don't want. Create new choices. Be positive; eliminate the word don't and other negatives. Write it down and read it often.
- (2) Be specific. Define what you want using criteria that can be measured. How will you know you have it? How will others know you have it?
- (3) Be realistic. Break your goal into doable steps.
- (4) Assign target times for each step to be done. Record what you have completed and congratulate yourself for the progress you've made. Use rewards to keep going!
- (5) List the behaviors, capabilities, beliefs, and values that will support you in accomplishing your resolution. List the resources you have, and the resources you need.
- (6) Answer the following: Would it really be OK if you had it? What stops you from having it now? When do you want it and when do you not want it?
- (7) State in writing the value of what it is you want. Why do you want it? How is it important to you and others you care about? What is the worth of what you want? Read this often.
- (8) Enlist someone who will help to hold you accountable, in a nourishing and supportive way; someone who can be non-judgmental. Pick a cheerleader, not a nagger.
- (9) Visualize what you want your environment to be like when you accomplish your resolution. What will you be seeing, hearing, and feeling? Do this daily.
- (10) MAKE IT FUN! **THINK ZANY!**

*Get a life  
Get a kick!* ©

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