

HERE'S TO HEALTH

Tips for Keeping a New Year's Resolution

1. **BE REALISTIC** - Goals should be ambitious without being unrealistic.
2. **PLAN AHEAD** - Planning last minute means decisions may be based on your mindset that day.
3. **OUTLINE YOUR PLAN** - Prepare for sidetracks.
4. **MAKE A PRO AND CON LIST** - Consider all angles of a resolution.
5. **TRACK YOUR PROGRESS** - Make a note of small successes made toward reaching the larger goal.
6. **DON'T BEAT YOURSELF UP** - Work on being less self-critical.
7. **REWARD YOURSELF** - Small rewards along the way provide a sense of achievement.
8. **STICK TO IT** - It takes 21 days to create a habit.

Many people make New Year's Resolutions, few keep them. Make this your year!

Health Tips to Start Your New Year



PLANNING YOUR NEW YEARS RESOLUTION EDITION


AssuredPartners

Areas of your life to create your New Year's Resolution around:

1. Health and Fitness
2. Career
3. Personal Development
4. Home & Environment
5. Relationship or Marriage
6. Community and Volunteering
7. Spirituality or Religion
8. Family
9. Leisure & Recreation