



Resolution Revolution



Here are some resolution ideas to get you started! Pick one, then break it down into smaller goals.

1. Sleep more.
2. Complain less.
3. Give up soda (yes, even diet).
4. Give more compliments.
5. Show more gratitude.
6. Go to therapy.
7. Volunteer more.
8. Drink more water.
9. Walk more.
10. Cook more meals at home.
11. Eat more vegetables.
12. Lift weights.
13. Talk to strangers.
14. Say "no" to over-commitment.
15. Have more "walking meetings."
16. Actually use your vacation days.
17. Call loved ones more often.
18. Spend less money.
19. Donate more.
20. Drink less alcohol.
21. Learn a foreign language.
22. Forgive someone.
23. Get a physical.
24. See the dentist.
25. Spend less time on your phone.
26. Read a book (or more) a month.
27. Spend more time outside.
28. Wear sunscreen.
29. Brush and floss.
30. Stand up straight.
31. Get rid of more stuff.
32. Minimize social media.
33. Turn off all screens 30 minutes before bed.
34. Spend more time with people whose opinions are different from yours.
35. Pick a theme for the year (brave, confident, daring...), then do and be more of that.
36. Do more things outside your comfort zone. 😊

Rev Up Your Resolve

3...2...1... Happy New Resolution!

Archeological records show that people have been making New Year's Resolutions since the time of the ancient Babylonians. But....we've probably been breaking them since that time, too! In fact, about 80% of resolutions are broken by mid-February!



Does that mean that we should give up on making resolutions? NO! It means we should give up on old ways of creating change in our lives.

Read on for 5 steps that will help you to **REV UP YOUR RESOLVE!**

1. Make change in "chunks." Pick a concrete goal and work backwards until you get to the first and most manageable piece. (There's a guide on the back of the newsletter.) For instance, instead of resolving to "lose 10 pounds," divide that into parts: exercising more or improving your diet. Then, take that and break it down even further. Keep going until you get to ONE behavior that feels both impactful and doable.

2. Know where you are before you start your journey. If you're wanting to increase or decrease an existing behavior, take a few days to simply observe it. When you notice that behavior occurring, log the details. (There's a log on the back of the newsletter.) This will help you to figure out what's supporting or blocking that behavior. Being able to see where you started will help you to see how you're progressing toward your goal. If you're wanting to start an entirely new behavior, go straight to step 3.

3. Plot your progress.

Whether it's as old-school as crossing off days on a calendar or as high tech as using an app, it's encouraging to watch how you're moving toward building a new habit! That encouragement can both fuel your efforts and help to relight your fire if your motivation starts to fizzle out.

4. Plan for problems. Most long trips involve moments of losing your way, stalling out, or even completely breaking down. Because you know these can be part of the process, plan in advance for how you will get back on track. Cool your jets for a bit to get your bearings; it might help to revisit step #2 and then start again.

5. If you stall, start again. And again. And again. New habits can take weeks, or even months, to solidify. Successful resolutions aren't the ones with no set-backs; they're the ones that eventually gets you to where you want to be!

For more information on change, check out [Switch: How to Change When Change Is Hard](http://heathbrothers.com/books/switch/) by Chip and Dan Heath.



