

# NEW YEAR'S Resolutions YOU CAN KEEP!

Are you thinking about making changes in your life for 2019? Before you make New Year's resolutions, consider the areas of your life that are most important for you to make changes: your health (diet, weight loss, fitness), your finances (debt, spending habits), personal relationships, work-life balance, family life, spiritual life, etc. Instead of making generalized, sweeping resolutions such as losing weight, getting out of debt, or spending more time with your family, set specific goals and commit to making small lifestyle changes that will put you on the right track in 2019.

Here are some suggestions for small steps you can take:

## Motivation

### **Make up your bed as soon as you get up in the morning.**

US Navy Admiral William H. McRaven in a commencement speech shared 10 lessons he learned in basic SEAL training which were important to his future. Citing one of them, he said, "If you make your bed every morning, you will have accomplished the first task of the day. It will give you a small sense of pride, and it will encourage you to do another task and another and another. By the end of the day, that one task completed will have turned into many tasks completed. Making your bed will also reinforce the fact that little things in life matter."

## Attitude Change

### **Practice thankfulness daily.**

Instead of focusing on the negative things that happened, think of all the positive things in your day: completing a project instead of stressing about work you need to finish, having lunch with a valued friend, getting a compliment from a co-worker or your boss, etc. Just acknowledging these positives and having a thankful attitude can have a big impact on your life.

## Health and Nutrition

### **Make one or two small changes to your diet.**

When eating out, order water instead of soda. By drinking one soda per day for a year, you will have consumed 35 pounds of sugar and gained 15 pounds from just that one soda. Add more greens (spinach, broccoli, kale, etc.) to your diet. Blending kale or spinach into a morning smoothie can get you started. These fibrous vegetables help to reduce bad cholesterol (LDL), control blood sugar, and contribute to weight loss and maintaining a healthy weight.

## Fitness and Well-being

### **Add just 10-20 minutes of exercise you can do anywhere.**

Walk around your neighborhood, and take opportunities to walk more by parking at the far end of store parking lots. Take the stairs instead of elevators and look for other opportunities throughout your workday to get some extra exercise in. Visit [therightchoiceforahealthieryou.com](http://therightchoiceforahealthieryou.com) for exercise videos that you can do at home.

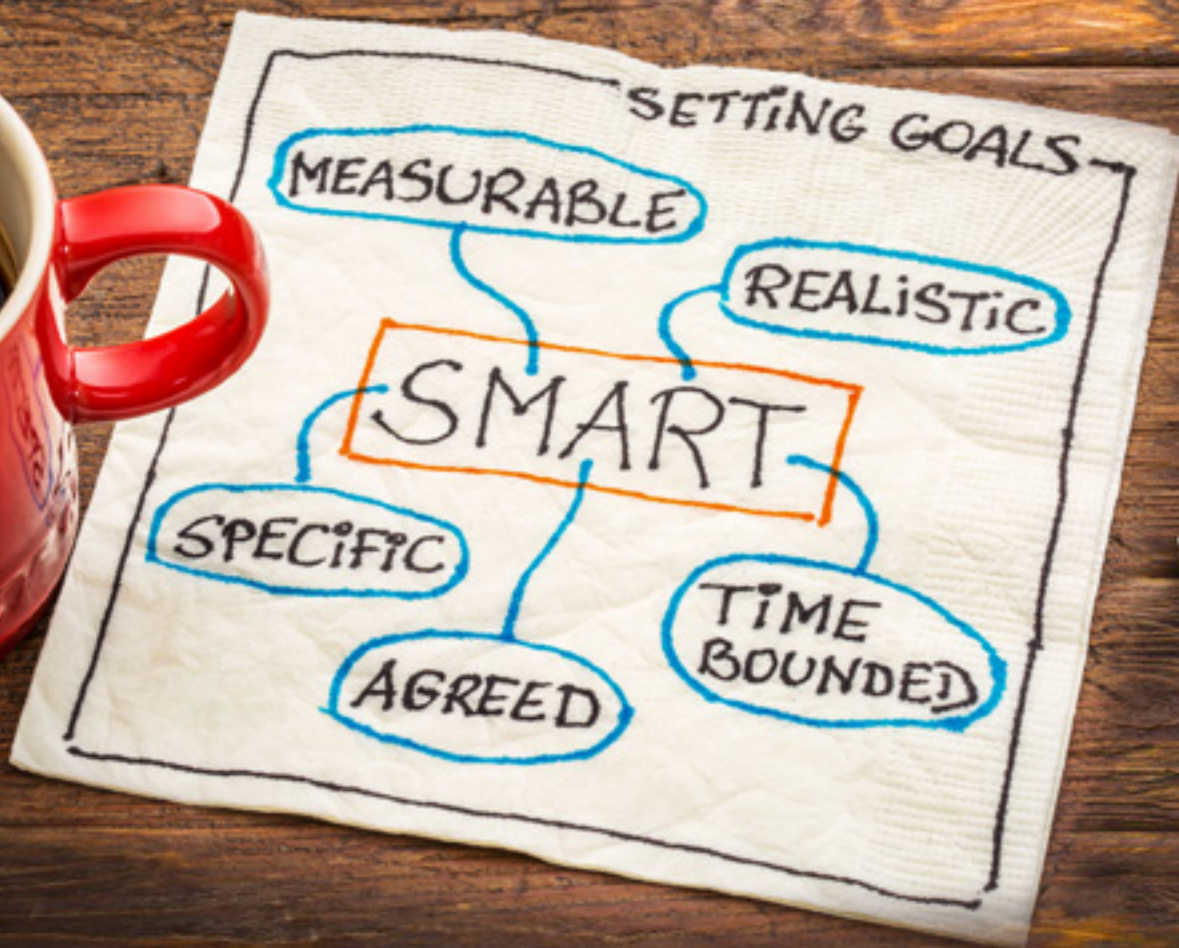
## Debt and Finances

**Set aside a small amount from each paycheck** by having it automatically deposited into a new or separate account. As the account grows, your pride in accomplishing the small step will motivate you to increase the amount saved. You can use this account to save for a vacation or pay off a credit card or other debt.

Establishing new behavior patterns takes time, so don't be too hard on yourself if you don't succeed 100%. Forgive yourself for any slip-ups and start over. People who make New Year's Resolutions are 10 times more likely to change their behavior than those who set no yearly goals (according to a study from the Journal of Clinical Psychology). So, start the new year with a new plan to accomplish your resolutions by taking small steps.







## Keep your resolutions **SMART!**

Ever wonder why so many new year's resolutions get set, and then abandoned?

There are a number of reasons, but often it is due to the ways that the goals have been defined. Did you know that there is actually a strategy for how to create goals?

It's called the SMART method and helps ensure that your goals are structured for maximum success.

SMART is an acronym for:

### **S - SPECIFIC**

Set clearly defined goals. The more specific you are, the better your chance of achieving it. What will you achieve, how, with what tools or with whom?

### **M - MEASURABLE**

Define how you will measure your progress, and then commit to reviewing your results.

### **A - ACHIEVABLE**

Set goals within your reach.

### **R - REALISTIC**

You need to have the ability and commitment to succeed.

### **T - TIME BOUND**

Set goals with a clear end-date. When will your goal be accomplished? Set a deadline. You can also set mid-point deadlines for achieving progress toward the goals.



# Snack Happy Start to 2019!

## Homemade Granola Bars

1 cup peanut butter

1 cup honey

*Melt in microwave for 1 minute.*

*Add:*

2.5 cups oatmeal

3 Tbsp. wheat germ

3 Tbsp. oat bran

3 Tbsp. flaxseed

1/2 cup shredded carrots

1 cup dried fruit

*Press into 9x13 pan. These bars freeze well!*



## Pinto Bean Dip

1 large tomato

1 medium onion

2 cloves garlic

4 teaspoons chili powder

2 teaspoons ground cumin

2 cups cooked/drained pinto beans

*Place all ingredients in blender – blend until smooth. Serve as a dip or works well in soups, lasagna, or Mexican dishes.*



## Cinnamon Honey Dressing

3/4 cup vanilla low fat soymilk

1 package (12 ounces) firm silken tofu

2 Tbsp honey

2 tsp vanilla

2 tsp ground cinnamon

1 Tbsp lemon juice

*Place all ingredients in blender and mix well. Serve over fresh fruit or tossed lettuce salad.*

