



Mind: Make New Year's Resolutions That Stick

Body: Reduce Your Risk of Stroke

Spirit: A New Year

Make New Year's Resolutions That Stick



Are you one of those folks who make New Year's resolutions, only to give up on them a few weeks later? If so, you're not alone. A lot of people start the year off with good intentions but find it hard to stick to their goals.

The good news is that it doesn't have to be that way! With a little bit of vision, planning and effort, you can make New Year's resolutions that stick. Read on for some tips to help you succeed.

What -- Define What You Want to Achieve

Although it can be easy to get lost in the busyness of our everyday lives, setting achievable goals gives us a clear direction and helps us stay motivated. Defining our goals for the next year is a great way to make sure we are making progress towards something worthwhile. Some people may set very specific goals that involve learning new skills or achieving a certain financial milestone. Other people may wish to work on more intangible skills such as improving their confidence, resilience, or creativity. Whatever our

unique ambitions and aspirations may be, having them clearly defined means they are more likely to become reality. So, take the time to ask yourself what you want to achieve in the next year and use your answer to guide you on your journey of growth and exploration.

Why – The Goal Is Important to You – The Value it Embraces

Your 'why' is the true power behind your progress and secret sauce for your success. Your why reveals a fundamental value that fuels your goals and keeps you motivated, especially when challenges and temptations surface. Take time to explore why this value is so important to you and let this inspire you daily.

How -- Create A Plan of Action - How to Get There

Now that your goals are defined and you embrace your why, it's time to create a plan of action. Break the goal down into smaller, more achievable chunks and then use these chunks as steppingstones for success and celebrations along the journey. This will help you stay focused and motivated throughout the year.

When -- Track your progress and Know When

According to the American Psychological Association, those who regularly monitor and track their progress are significantly more likely to achieve their goals. Furthermore, those who publicly

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reported on their progress increased their success even further. We can use different methods such as tracking apps, journals, planners or reminders to help us stay focused and ensure that we are making improvement.

Having a system in place to track our progress also helps us recognize and celebrate small successes, which can give us the confidence and encouragement to keep going.

Who – Find an Accountability-Partner

You can't overstate the effectiveness of having an 'accountability-partner.' Commit to measurable activities each day or week and call in at pre-set times to be accountable to someone else about your advancement toward your vision, expression of your values, and achievement of your goals. Choose someone who will celebrate your progress and not let you off the hook when it is tempting to go back to old habits. Being held accountable by someone else helps to make sure that we don't give up when things get tough and reinforces our 'why.' This could be a friend, family member or even a professional coach or mentor.

Inevitable Setbacks

Finally, when tackling long-term goals, it is important to remember that setbacks and roadblocks will occur. Don't let these stop you from achieving what you want—take every setback as a learning experience and use it as motivation to propel yourself forward. Stay focused and determined and success will come in due time.

Celebration

You can make New Year's resolutions that stick! With a little bit of planning and effort, you can set achievable goals and create a plan of action that will bring you closer to achieving them. Make this year count even more for you —you deserve it! Good luck on your journey of growth and exploration!

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Reduce Your Risk of Stroke



Quitting smoking is ranked as one of the top ways you can reclaim better health. The moment you quit smoking, your lungs begin to heal, and within 12 hours your carbon monoxide returns to normal, increasing your oxygen levels. Within 2-5 years, your risk of a stroke is that of a non-smoker.

A New Year

“The New Year is a painting not yet painted; a path not yet stepped on; a wing not yet taken off! Things haven't happened as yet! Before the clock strikes twelve, remember that you are blessed with the ability to reshape your life!”

Mehmet Murat ildan