



WELLNESS ACTIVITY

I Resolve ...

Set yourself up for New Year's success

Name: _____

A new year is a great time for a new start, and that often means setting New Year's resolutions. Use our "I Resolve ..." template and the tips found in this month's Bonus Article to create a resolution you'll keep in the New Year and beyond.

The article, "Want to keep your New Year's resolutions? Avoid these 5 mistakes" offers a look at things not to do with a resolution. This includes:

- Going broad
- Thinking too big
- Keeping it in mind only
- Being selfish
- Failing to forgive

Use these tips as you create your resolution and work toward your goal. Then keep up the good work to turn your New Year's resolution into a healthy lifestyle habit.

I Resolve ...

I resolve to _____ because _____.

I will do this _____ times per _____.

I will tell _____ who will support me by _____.

If I fail to meet my goal I will _____.



Examples:

I resolve to eat at least 2 servings of vegetables each day because I want to manage my weight.

I will do this four times per week.

I will tell my family who will support me by not having junk food in the house.

If I fail to meet my goal I will keep trying and continue to track my progress.

I resolve to take a walk from 7 to 7:30 a.m. because I want to be able to hike with my family this summer.

I will do this three times per week.

I will tell my coworker who will support me by walking with me.

If I fail to meet my goal I will try another activity.