

New Year's Resolutions for Work and Home

**It's the middle of January – have you kept your New Year's resolutions?
Or have you let them go, forgotten about them? You are not alone!**

If you are contemplating a major change in your life (or even a not-so-major change), consider calling your EAP. Professional counselors can assist in helping you set and achieve your goals to maximize your change of success.

1-800-327-5071

A resolution needs to be an *action plan* in order for it to be effective. Good New Year's action plans have several characteristics in common:

- The plan lists specific behaviors TO DO, rather than a list of things not to do. Rather than "I'll stop spending so much money" say, "I'll save -xxx- a paycheck."
- The plan is *reasonable* and *achievable*. Don't set yourself up for failure by trying to do too much or expecting perfection.
- The plan has a *series of smaller steps* that can be accomplished in shorter stretches of time. Instead of saying, "I will lose weight" try "I'll eat 5 servings of fruits and vegetables a day". Success is built largely on the small steps taken consistently over time.
- The *benefit* of the plan is clear, such as good health or retirement security.
- You can form a clear picture in your mind of having achieved your goal at the end of the year, such as "I learned to play golf this year." When you can picture it, you can achieve it.

Career or work-related resolutions might include getting organized, spending time more effectively, attending fewer or more meetings, or getting a promotion. You could also set health goals, financial goals, educational goals and/or leisure goals.

Getting started . . .

- Write your life mission statement – what do you want to be remembered for when you're gone.
- Keep a calendar to track your progress.
- Celebrate small achievements along the way.
- Ask for support from trusted friends (or your EAP).
- Don't be discouraged by setbacks – start again Monday.

P.S. You can start anytime, even February 1st.

**Contact Workplace Solutions today for confidential assistance.
Professional counselors are available 24/7 by calling 800-327-5071.**

A variety of educational and supportive resources are available online at www.wseap.com.