

5 Ways to Keep Your New Year's Resolution

1. **Aim Low**- If you set the bar too high, you're doomed from the start. Instead of a sweeping declaration like "I will lose 30 pounds," target a goal like losing 10 or 15 pounds.
2. **Don't Overload Yourself**- Choose the most pressing issue and concentrate on that. Trying to do everything simultaneously practically guarantees failure.
3. **Tell Everyone You Know**- The more people tell, the more people to support you.
4. **Reward Yourself**- Following through on a New Year's resolution is rarely easy, so a little Pavlovian conditioning goes a long way.
5. **Wait Until Spring**- Sometimes the best way to accomplish a New Year's resolution is to make it at a different time of year. May 1st is an alternate date. The change of season can coincide with the change you're hoping to accomplish.