

Weekly Wellness and Counseling Newsletter Presents...

NEW YEAR'S

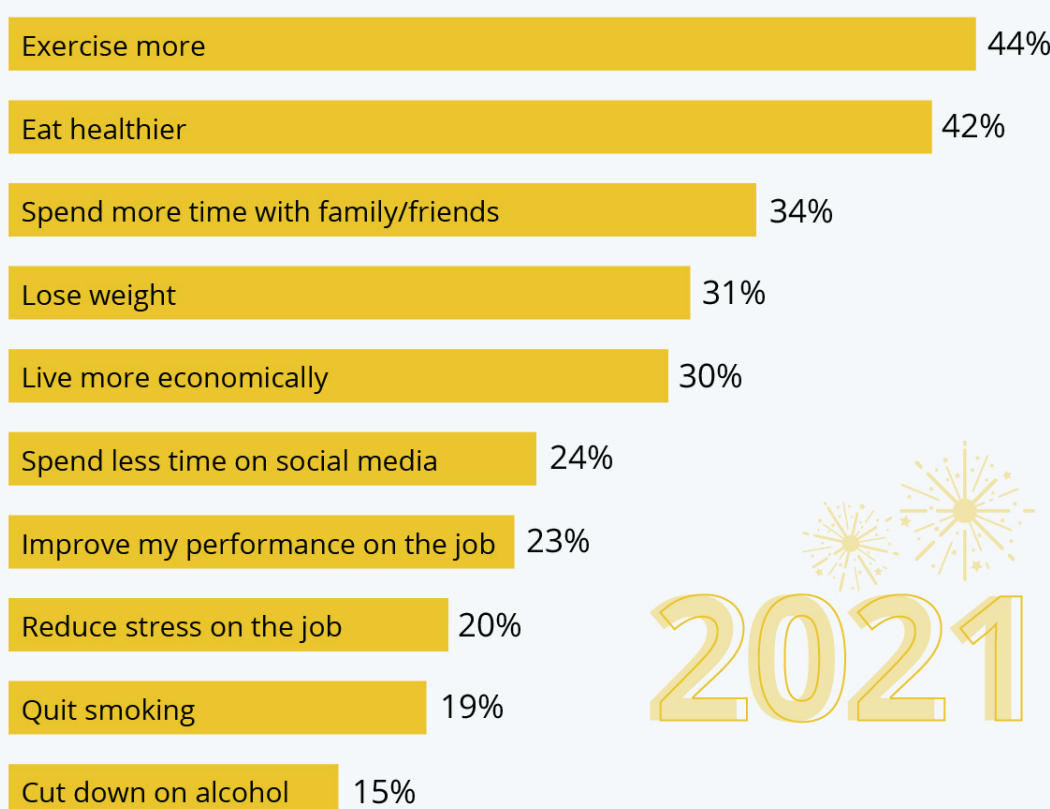
RESOLUTIONS

Every new year, many of us make resolutions that we hope to keep and sustain for the long-term. However, very few of us actually follow through. Let's explore ways to translate our New Year's Resolutions into SMART goals!

**DID YOU
MAKE A NEW
YEAR'S
RESOLUTION
FOR 2021?**

America's Top New Year's Resolutions for 2021

Most popular new year's resolutions among those planning to make one or several



Survey of 531 US adults, November 2020
Source: Statista Global Consumer Survey



The truth about new year's resolutions and how to attain yours...

45%

*of Americans make
New Year's Resolutions*



8%

successfully reach their goal

24%

have never been successful

TOP REASONS FOR SETTING A RESOLUTION



NEW YEAR'S RESOLUTIONS ARE A TYPE OF GOAL. GOALS ARE IDEAS OF THE FUTURE OR DESIRED RESULT THAT A PERSON ENVISIONS, PLANS, AND COMMITS TO ACHIEVE. SETTING GOALS GIVES YOU LONG-TERM VISION AND SHORT-TERM MOTIVATION.

HOW TO SUCCEED

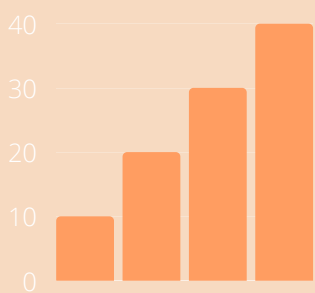
AT YOUR NEW YEAR'S RESOLUTIONS & GOALS

It may be helpful to frame your new year's resolution as a SMART goal. SMART goals are useful for helping us to achieve the plans and visions that we have for ourselves and our lives. You may have set goals in your past that were difficult to achieve because they were too vague or unrealistic. Creating SMART goals can help solve these problems. SMART is an acronym that stands for Specific, Measurable, Achievable, Relevant and Time-based.



SPECIFIC

When setting a goal, be specific! Think about exactly what you would like to accomplish and don't forget the details. What would it look like if you accomplished this goal? Who needs to be involved?



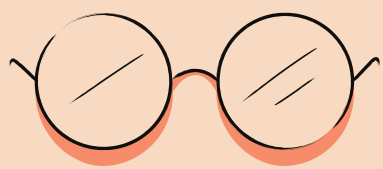
MEASURABLE

What evidence will prove you're making progress toward your goal? This makes a goal more realistic and tangible because it provides a way to measure progress.



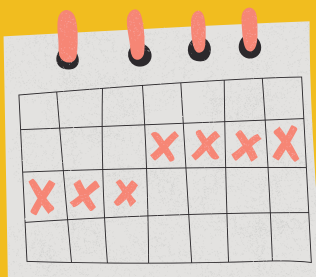
ACHIEVABLE

Is this goal achievable? Setting goals you can reasonably & realistically accomplish within a certain timeframe will help you remain motivated and focused. The goal is not meant to discourage you.



RELEVANT

Is this goal relevant for you? Each of your goals should align with your values and larger, long-term goals. Why is this goal important to you?



TIME-BASED

What is the timeframe for this goal? When do you plan to accomplish the goal? A realistic end-date can help you remain motivated and help you to prioritize what's most important.

NEW YEAR'S RESOLUTION

VS.

SMART GOAL EXAMPLE

Here's an example of how to reframe a new year's resolution into a SMART goal.

NEW YEAR'S RESOLUTION:

to be a better student in math

VS.

SMART GOAL:

S: I'm going to focus on boosting my overall grade in MAT 101 by one letter grade.

M: I'm going to study every day for at least one hour.

A: I will meet with a tutor on Wednesday's to review the material.

R: I want to graduate with honors.

T: I will raise my grade by the end of the semester. I will use my grade at midterm to help assess where I am.

See below for a helpful worksheet for forming SMART goals! Click [here](#) for a copy.

S.M.A.R.T. GOALS WORKSHEET

Crafting S.M.A.R.T. Goals are designed to help you identify if what you want to achieve is realistic and determine a deadline. When writing S.M.A.R.T. Goals use concise language, but include relevant information. These are designed to help you succeed, so be positive when answering the questions.

INITIAL GOAL	Write the goal you have in mind
S	What do you want to accomplish? Who needs to be included? When do you want to do this? Why is this a goal?
MEASURABLE	How can you measure progress and know if you've successfully met your goal?
A	Do you have the skills required to achieve the goal? If not, can you obtain them? What is the motivation for this goal? Is the amount of effort required on par with what the goal will achieve?
RELEVANT	Why am I setting this goal now? Is it aligned with overall objectives?
T	What's the deadline and is it realistic?
SMART GOAL	Review what you have written, and craft a new goal statement based on what the answers to the questions above have revealed