

A weekly resource
for your well-being

PARTNERS
FOR HEALTH

WORKING
FOR A
HEALTHIER TN

A TIP FOR TENNESSEANS

January 10, 2017

Write this down.

When it comes to New Year's resolutions, one thing is true: they're easy to make but often hard to keep. But did you know that setting a goal and writing it down could set you up for success?

It's true. In fact, a study showed that people who just thought about a goal were less than 50 percent likely to stick to it. Those who wrote down a goal, told friends and asked for their support had almost a 75 percent success rate.¹

Put your *why* into it.

To ensure your success, write down your goal in an online or paper journal. But don't stop there. Add some details, including:

- What you will need to achieve it such as equipment, tools and support from others.
- A realistic step-by-step plan to reach your goal
- A timeframe for reaching your goal steps
- Your *why*

Goals that include a specific plan and purpose give you clearer direction that can lead to success and add to your well-being.

Sources:

¹ "10 Things You Should Know About Goals." Psychology Today, 22 October 2013. Web. 29 November 2016. | ¹ "Study Focuses on Strategy for Achieving Goals, Resolutions." Dominican University of California, Web. 29 November 2016.

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