

A weekly resource
for your well-being

PARTNERS
FOR HEALTH

WORKING
FOR A
HEALTHIER TN

A TIP FOR TENNESSEANS

January 17, 2017

Improve your odds for success.

Have you made a New Year's resolution or set a new health goal? If so, **share it**.

Sharing is more than good manners. It can be good for your goals, too. *Really* good. Studies show that social connections are key to goal achievement. **And sharing a goal can make you 10 times more likely to achieve it.**¹

Having a few people who know your resolution and what challenges or motivates you—including your **why**—can keep you accountable to your goal and more likely to make lasting change.

Make it a family affair. If you have a spouse or kids, work together to create a family goal for the New Year. Whether it is being more active, trying new foods or getting the recommended amount of sleep, you can all work together and hold one another accountable. [Small Starts for Families](#) is a great resource to get some ideas.

Sources:

¹ Journal of Clinical Psychology 2002 Apr;58(4):397-405. Auld lang syne: success predictors, change processes, and self-reported outcomes of New Year's resolvers and nonresolvers. Norcross JC, Mrykalo MS, Blagys MD., Department of Psychology, University of Scranton, PA 18510-4596, USA. Pubmed.gov PMID: 11920693 [PubMed - indexed for MEDLINE]

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on ways to get and stay healthy. Today on ParTNers for Health's [Facebook](#), [Twitter](#) and [Instagram](#), get a list of practical tips you can use to make a healthier new year for the whole family.

#CommitToYourWhy.



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