

A weekly resource
for your well-being

PARTNERS
FOR HEALTH

WORKING FOR A
HEALTHIER TN

A TIP FOR TENNESSEANS

January 24, 2017

Make your goal stick.

Despite popular opinion, not all resolutions lose steam by the end of January. In fact, studies show that making a resolution greatly “ups” your odds for success than not making one at all.¹ And whether you’re resolving to get fit, lose weight or stress less, every goal needs a plan—and a *why*.

Plan SMART.

Setting S-M-A-R-T goals helps you think more specifically about how, when, where and why you’ll get to your goal. A goal is S-M-A-R-T when it is:²

- Specific
- Measurable
- Achievable
- Realistic
- Time-based

To set yourself up for success:

- State exactly what it is you want to achieve and **why**
- Think about what you know will need to change, by how much and by when.
- Make your goal challenging enough, but keep it realistic.

Use these [tips](#), [examples](#) and [worksheets](#) to help you plan short and longer-term goals in 2017 and beyond.



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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]

² “Define Your Goals.” Centers for Disease Control and Prevention, 24 Feb. 2011. Web. 16 November 2015. | “Start SMART Goal Setting.” Goal Setting Basics, Web. 29 November 2016.



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