

A weekly resource  
for your well-being

PARTNERS  
FOR HEALTH

WORKING FOR A  
HEALTHIER TN

# A TIP FOR TENNESSEANS

January 3, 2017

## What's your "why"?

When we wake up every day, we begin making choices: what to wear; what to eat; what to listen to on the way to work—news, music or silence. And, even if our choices are similar, our reasons **why** can be very different. The same is true for our health choices. Many of us exercise, but why do **you** do it? Lots of people try to eat a balanced diet, but why do **you** choose to do so?

## Let why be your guide

Do you have a health goal for 2017? If so, name it, and then state your *why*. Fill in this sentence:

I want to \_\_\_\_\_ because \_\_\_\_\_.

(goal)                      (why)

Your *why* is:

- **Personal.** You do what matters most to you. Whatever your goal is, your *why* is as unique as you are.
- **Purposeful.** Whether it's to look good for your high school reunion or be strong enough to keep up with your kids, your *why* has meaning. And it can motivate you to stick to your goal. In fact, studies show that simply having a goal or making a resolution greatly "ups" your odds for success as compared to not making one at all.<sup>1</sup>
- **Valuable.** Your *why* adds something good to your life and is worth the effort.

Are you on a journey this year to find your *why*? Keep it? Update it? Over the next few weeks, watch for emails on ways to record, share and commit to your *why*.

Sources:

<sup>1</sup> 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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