

2015

HOW TO SET NEW YEAR'S RESOLUTIONS

Almost everyone sets New Year's Resolutions for themselves. But most people fail at them. Miserably. This guide will help you take a step in the right direction in maintaining your New Year's Resolutions for the entire year.



Step 1: Reflect on the previous year

When creating New Year's Resolutions, people often forget to acknowledge the year that has passed. The end of the year is the time to reflect on what you have accomplished and what you could improve upon.



Step 2: Set overall goals for the year

Usually, this is the step that people stop at. Set goals for the next year that are Smart, Measurable, Attainable, Realistic, and Timely.



Step 3: Identify habits

Often people set their goals, but they do not know how they are going to go about achieving them. For each goal, select a habit that you can easily implement into your day and will help you achieve the goal over time.



Step 4: Schedule

It is also important to schedule your goals. Ideally, you should only be working on implementing one habit at a time, so each month choose a new habit to implement. Make sure you continue the habits from the previous months.

New Years Resolutions Guide

Lei Huang

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