Feel-Good Friday

Try these steps to set and meet your New Year’s Resolution or any other goal this year:

1. Write down your goal and your reasons for it.
2. Write the small steps necessary to reach the goal.
3. List your obstacles to reaching the goal and describe how to overcome them.
4. If you want to stop a bad habit, determine what good habits you will build to replace the bad habit in moments of temptation.
5. Block out time on your calendar to work toward your goal.
6. Ask someone to hold you accountable to reporting progress on your goal.
7. Write encouraging messages on your calendar and on notes on your mirror.
8. If you break your resolution, view that as data to refine your process as you work through these steps again.
9. Research additional tools to use to meet your goal and apply that knowledge.
10. Ask for and accept help from family, friends, and experts.
11. Take time to celebrate your successes.

You Can Make a Resolution & Keep It

To receive email updates on current Emotional Wellness Programs, including virtual presentations, send an email saying “Feel Good” to emotional-wellness-no-reply@tricityfamilyservices.org