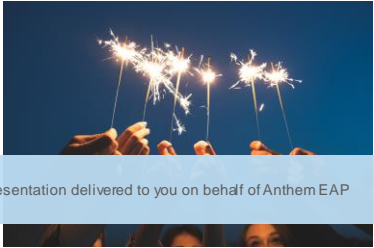


New Year's Resolutions



A presentation delivered to you on behalf of Anthem EAP

AnthemEAP

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Learning Objectives

- Discuss why setting resolutions can be helpful
- Understand what resolutions to set
- Learn how to stay motivated

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History of Making Resolutions

- 153 BC: Janus, a mythical king from Rome, was placed at the head of the calendar
- The two headed symbol for Janus represented looking back and looking forward
- This was the beginning of introspection heading into the new year

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Fun Facts

- Times Square, NY: New Year's Eve ball came about because of a ban on fireworks
- First ball drop was in 1907
- Top 3 destinations for New Year's Eve: Las Vegas, Disney World, NYC
- In Italy, people wear red underwear as a symbol of good luck
- What traditions do you have?

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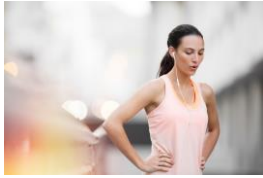
Facts

- Almost 75% of Americans make New Year's resolutions
 - Only 12% believe they will not achieve their goal
 - The reality is, most of us don't achieve our goals
- But, people who make a New Year's resolution are 10 times more likely to make a positive change in their lives than those who do not make a resolution.

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Top Resolution Categories

- Health
- Self-improvement
- Money
- Family
- Love / relationships
- Career



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Why is Our Success Rate So Low?

- Most resolutions are too broad
- We do not understand the most effective way to create a new habit
- We make changes based on others' or society's expectations rather than what we really want

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Introspection

- Why am I making a resolution?
- What do I need to make me happier?
- What and why do I need to change?
- Allow yourself time to think ...

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Guidelines for Success

- Resolutions should be kind, compassionate and positive
- Acknowledge any challenges you may face, known and unknown
- Focus on one or two small, specific goals
- Share them with your support system or beyond
- Set your intention
- Write your existing story, then re-write it with the vision of how you would like it to be

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More Pathways to Success...

- Get excited
- Stay positive
- Embrace the clean slate
- Be prepared for some failure
- Link the new habit to a current habit
- Must be EASY enough to maintain for a week...then 2, then 3, for it to stick

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Resources - Apps

- MyFitnessPal
- Quit Genius
- Easy Reminder
- WW
- Fit Day
- HealthyOut
- Happify

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Don't:

- Be too rigid or unrealistic
- Go into panic mode on December 31st
- Look to the right and left ... Don't compare yourself to others
- Be judgmental of others
- Make huge sweeping change


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Staying the Course

How will you measure success?

- Become a learner
- Find role-models and success paths
- Stay on course
- Celebrate success

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How will you rewrite your story and be successful in achieving your resolution?

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