

# REALISTIC Resolutions

The new year is the time we declare our life-changing resolutions to the world, only to find them abandoned months (and sometimes only weeks) later. It's not that we set our goals too high, but that we don't properly ease ourselves out of our old habits and into

new ones. Slowly adopting new ways of living is the key to making resolutions last. Finding simple things that can be done today will contribute to achieving overall goals. Following the Realistic Resolutions chart below can pave the way for successful change:

IF YOUR GOAL IS TO:	START OUT BY:	INSTEAD OF:	CHANCES ARE:
 <p><b>Exercise More</b></p>	Marching in place or lifting light weights during TV commercial breaks.	Adopting a rigorous, two-hour workout routine, five days a week.	If you're not used to that level of activity, you could exhaust yourself before you see any results.
 <p><b>Eat Healthy</b></p>	Controlling portions. Once this is mastered, gradually begin making healthy improvements to one meal or a snack a day.	Eating small portions of completely different foods for every meal.	You will be craving the things you were used to eating. You'll "cheat" and restart your diet and may find yourself in a vicious cycle.
 <p><b>Quit Smoking</b></p>	Chewing nicotine gum during your usual smoke break at work.	Going cold turkey.	The cravings could have you caving quickly.
 <p><b>Get More Rest</b></p>	Going to bed five minutes earlier. Gradually increase your bedtime by five minutes earlier each week.	Going to bed two hours before you normally go to sleep.	You'll get frustrated and lay awake instead of catching up on your Zs.
 <p><b>Save Money</b></p>	Keeping a spending journal. Once aware of your spending habits, ask yourself "Is this a want or a need?" before you make your purchase.	Depositing half of your paycheck into your savings account.	You haven't eased yourself into managing your new budget. This could cause you to use your new savings to pay bills.
 <p><b>Reduce Stress</b></p>	Taking a five-minute breather and listening to your favorite song. Start out small, and once you think you can handle it, dedicate more time for yourself in a way that best suits you.	Attending a meditation class three times a week.	If your schedule is hectic, fitting in yet another commitment may cause more stress.



Notice a pattern? **Annie Casey**, health and wellness manager at the **Issaquah Home Office**, suggests that you "make a change so small that it almost seems silly." If you don't see your specific resolutions here, keep in mind that this philosophy can be applied to any goal. Taking change slowly and purposefully can ensure success.