



Human Services (HS)

Executive Column

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Happy 2015 everyone!

Did you know that nearly 50% of all Americans make a New Year's resolution each year? By the end of January, about 70% of the resolvers are still hanging in there. Unfortunately only about 10% are ultimately successful at achieving their resolution by the time New Year's rolls around again.

Americans most often resolve to lose weight, eat healthy, quit smoking and get finances in order. These are great goals, so why do we have such a hard time accomplishing them? Studies show that people who resolve to change behaviors do much better than non-resolvers who have the same habits that need to be changed. The problem is that we don't always have a well-thought out plan or realistic expectations.

According to numerous articles about this topic on the internet, there are several tips to help keep resolvers on track:

- Put your energy into accomplishing only one resolution each year.
- Be realistic about how long it will take to meet your goal or you will likely quit.
- Plan ahead. Don't wait until New Year's Eve to think about your goal.
- Be specific on the steps you will take to be successful.
- Go public with your resolution. You will be less likely to give up.

Sure wish I would have read these tips a couple of months ago. Unfortunately, I'm one of the 30% who already gave up on my resolution. Oh well. I'll try again next December.

Until next time.....