

# Reaching your goals

For many, the new year means resolutions to make it the best year ever. It's easy to fall into the trap of overhauling everything in January. Too much change at once is hard to sustain. If resolutions are on your radar, here are some tips to realistically reach your goals.

**Make small changes.** Small changes are easier to sustain over time. Tackle one change at a time and break larger goals into small steps. Once you have one part down, add another.

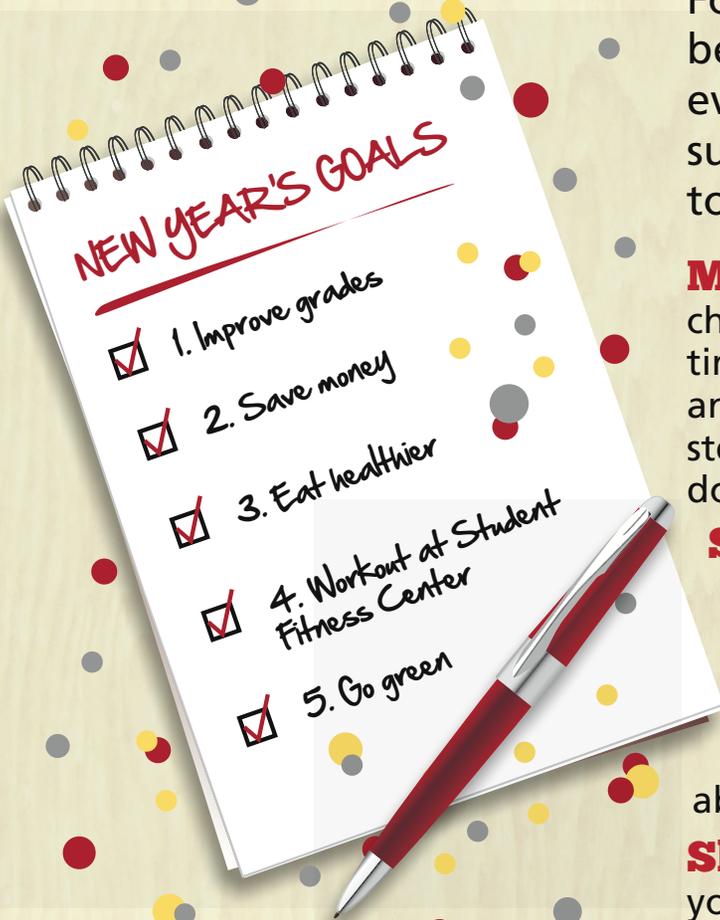
## Set realistic objectives.

Be practical about what is achievable and allow enough time to reach goals. Expecting too much too soon can cause frustration, which often leads to abandoning changes altogether.

**Share your goals.** Sharing your goals helps to keep you accountable and allows other people to support your efforts.

**Get help.** Don't be afraid to enlist help. If nutritional goals are on your list, contact Health Promotion and Wellness to schedule a nutrition consult. If fitness is a priority, contact Campus Recreation to schedule time with a trainer. If you are looking for ways to be more green, contact the Office of Sustainability. For financial goals, talk with a financial planner.

**Track Progress.** Set mini goals to track your progress along the way. Seeing progress will help motivate you to keep working.



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