



## How To Keep Your New Year's Resolutions

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Writing up New Year's resolutions is easy. Committing to each item on your list and following through... that proves to be the much more challenging task. Oftentimes, we tend to miss out on some seemingly simple promises like eating less junk food or avoiding being late. Worse, we fail to meet any of the resolutions in our list at all! How then can we make New Year's resolutions and still be able to keep them by the end of the year? Here are some tips that can help you craft the right resolutions you can commit to and hopefully fulfill by year's end:

### **Keep your resolutions SMART.**

Just like setting goals for an organization, make sure that your resolutions are SMART: S-pecific M-easurable A-ttainable R-ealistic and T-ime bound. Amber Tresca of About.com notes that the surest way to fail a goal is to make it unattainable so don't set goals like never eating rice for the rest of your life. Rather, make your resolution grounded and quantifiable such as resolving to moderate your rice intake to a maximum of one cup per meal for the next three months.

### **Talk about your resolutions.**

It helps to have a friend or a family member to motivate you or help keep track of your progress to see how close or far away you are from your targets.

### **Don't do them all in January.**

A common mistake in making resolutions is pinning all of them down within the first 31 days of the year which often causes the feeling of being "burned out." Don't exhaust all your efforts to achieve your resolutions such as a desired weight or a planned purchase. Allow space for breathing and growing by pacing your resolutions accordingly. After all you have 12 months to reach your goals.

### **Reward yourself after a resolution is completed.**

Motivate yourself with a personal prize after completing a task such as a trip to the movies or a delightful snack - check out Del Monte Kitchenomics for some great recipe ideas.

### **Commit.**

According to Tresca, experts say it takes about 21 days for a new activity — such as exercising — to become a habit and six months for it to become part of your personality. Your new healthful habits will become second-nature in no time. Planning to start a workout habit this new year? Don't forget to drink [Del Monte Fit 'n Right](#) that helps block sugar and reduce body fat.

Remember, your resolutions are only as good as the commitment you are willing to give to make them happen. Keep your goals realistic within reach and have friends and family to motivate you and you'll surely be on your way to scratching all the items off your resolution list!

Happy new year!

**Source:**

<http://ibdcrohns.about.com/cs/mentalhealth/a/newyearresolve.htm>