

## New Year, New Goals



For many of us, the New Year symbolizes a fresh start, where we eagerly make New Year's resolutions and promise ourselves that this year will be different. This will be the year we finally achieve our goals.

But by spring, if not sooner, it's very likely our good intentions will have slipped away, another casualty of everyday life.

Here are a few insights to help you achieve success in 2022—and beyond:

### **Get specific**

Whether your goal is to take better care of yourself, save more money, build better relationships, or finally get organized, it helps to clearly articulate what you intend to accomplish—and how. The more specific you can be in defining your goals, the more likely you are to achieve them.

### **Map out the steps**

Most New Year's resolutions are long-term goals

that require you to build new habits or follow through on a series of steps. Like any journey, it's important to map out the process. What do you need to start this journey? Do you need more information or resources? What are your interim goals? Unless you map out the specific steps along the way, your destination is likely to remain elusive—and out of reach.

### **Hold yourself accountable**

Setting measurable goals and tracking your efforts can help you stay on course. To keep yourself motivated, reward yourself for reaching interim goals. Tell friends and family what you're doing and enlist their support in cheering you on.

### **Plan for obstacles and setbacks**

Realize that self-discipline and determination only go so far—especially when unexpected challenges intervene. When developing a new habit or reaching a new goal, it's helpful to remind yourself that setbacks and veering off course are often part of the process. To get yourself back on track, it's important to develop resilience by seeking support from friends, family, or professionals.

### **Take full advantage of your Assistance Program**

Your Assistance Program includes a wide variety of support and resources to help you identify and reach personal goals, and the program is free to use, confidential, and open to family members. By taking advantage of this resource, you're more likely to find the support you need to achieve success. Here's to a New Year—and reaching new goals!