

HELPFUL HINTS

Resolutions: Simple Tips To Help Keep Your Willpower From Waning

(NAPSA)—For many, the New Year is a time to resolve to become healthier, wealthier and wiser. Whether you decide to give up smoking, lose weight or find a job, following a few simple tips can make it easier to follow through on your resolutions.

“Keeping a New Year’s resolution can be extremely stressful, especially when people have unrealistic expectations,” said Angie DeLaCruz, a Dallas-based therapist. “You should set simple, achievable goals and stick to them. If you want to run a marathon, aim for running four or five miles first. Create milestones that can lead up to your overall goal. Trying to make too many changes at one time can lead to failure.”

To help you get started, here are a few tips:

- **Plan Your Resolution in Advance.** Decide what goal you’d like to achieve in the New Year. Is it becoming healthier? Spending more time with your family?

Once you zone in on that one goal, make sure it is realistic. If you want to start an exercise program, make sure you pick an activity that fits into your schedule. Draw up an action plan for how you will achieve your goal.



With diet snack foods, you don’t have to sacrifice taste to meet your weight loss goal.

Include a specific timetable and rewards for your road map for success.

Write down your resolution and your plan of action. Stick it up on the fridge, in your locker, or wherever else you know you’ll see it. That way you’ll have a constant reminder of the resolution. You may want to revise the wording as you progress.

- **Plan your strategy.** Develop strategies for changing your behavior. Make sure you customize your goal to your lifestyle and habits.

If you are trying to lose weight, try stocking up on low-calorie snack foods or diet beverages such as Diet Rite, Diet Dr Pepper or Diet Snapple Lemon Tea. If quit-

ting smoking is your goal, stock up on sugar-free gum such as Trident or Dentyne.

Several of these low-calorie snack foods contain the same great taste of their regular counterparts. Taste need not be sacrificed to meet your resolution. Small changes will help you obtain your overall goal.

- **Share Your Goals with Loved Ones.** Share your goals with your spouse, best friend or coworker. Empower him or her to remind you of your resolution if you begin to waiver.

Or choose a goal that you can reach with a friend. This way you have a “buddy-system” approach to your goal.

- **Be Realistic about Setbacks.** Setbacks are bound to happen. If they do, don’t get discouraged, DeLaCruz said. If you do slip up, acknowledge the slip and get back on track.

One lapse does not equal failure. Keep the big picture in mind, and don’t take resolutions too seriously. Remember that resolutions are goals, not absolutes.

These simple tips will help create a realistic way for you to keep and stick to your New Year’s resolutions.