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(Neb.)-How To Make New Year's Resolutions Stick Listen

By: Roxie Graham-Marski Posted at: 01/04/2013 11:19 AM

(REGIONAL)-With January and the start of a new year, comes the desire in many peoples' minds to do away with bad habits and exchange them for better ones. The USA.gov Web site lists 10 popular resolutions that often weigh in when resolutions are being made. They include drinking less alcohol, getting fit, losing weight, quitting smoking, managing debt, and eating healthier.

KCSR spoke with some individuals around Chadron to see what their resolutions might be if they had any. About half the people spoken to said they either hadn't thought about making a resolution or didn't have one. Reasons given for not making one included simply not wanting to or being afraid of failing again as in years past.

The other half said they did have some sort of resolution. Some of those were wide-ranging, such as being nicer, doing better, and having a better year. Others were more specific, from reading to one's children every night or losing 50 pounds, to walking the dogs three times a week or attending a Rockies game in Denver. Of those who said they had a New Year's resolution, few said they had actually come up with a game plan for implementing the resolution.

Lisa Franzen-Castle with the UNL Panhandle Research and Extension Center says that good intentions alone aren't enough to make a resolution stick. She says it's important to remember the acronym SMART when making goals. Be Specific. Make goals Measurable, Attainable, Realistic, and Timely.

To make goals more specific, think of the five W's and H: who, what, when, where, why, and how.

To make goals measurable, set criteria for knowing whether you've reached your goal and how you will measure your progress.

To make them attainable, break up larger goals into smaller ones so you don't become overwhelmed, get discouraged, and quit.

To make goals realistic and timely, put them on a timeline. Select goals that can be worked toward and that you are able to attain. Keep a time frame in mind to help you push forward toward smaller and larger goals.

Franzen-Castle also recommends rewarding oneself when mini milestones are reached as a way to keep motivated. Make sure the reward does not conflict with your resolution; reward yourself with something that reinforces the new habit, such as

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a health-fitness magazine or fitness equipment.

For those looking to become healthier and fitter this year, two programs are soon taking place in the area. The first is the Complete Health Improvement Project beginning Sunday, January 13th, in Chadron. For more information, call 308-430-0150 or e-mail ChadronCHIP@hotmail.com. The second is Recipe for Healthier Living with Food and Fitness, sponsored by the UNL Extension office, taking place in Chadron and online in February. For more information, call 308-432-3373 or e-mail jgoffena2@unl.edu.

USA.gov's Top Ten Resolutions List

- Drink Less Alcohol
- Eat Healthy Food
- Get a Better Education
- Get a Better Job
- Get Fit
- Lose Weight
- Manage Debt
- Manage Stress
- Quit Smoking
- Reduce, Reuse, and Recycle
- Save Money
- Take a Trip
- Volunteer to Help Others

(Questions? Comments? E-mail roxie@chadrad.com.)
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