

Steps to LivingWell

Life is full of traditions, many handed down through the years, and some newly created between family and friends. Either way, traditions are part of the colourful fabric that intertwine our lives and hold us together; transcending time and distance. One common tradition many people have is to make New Year's resolutions – promises of actions to make ourselves better, happier and healthier. They may be a commitment to keep in touch, quit bad habits, and pursue the good things in life. Making New Year's resolutions is easy and can be quite fun. The hard part is putting those resolutions into action and maintaining the momentum to keep those promises throughout the year.

This year, try something different. When making your list of resolutions, think of ways to involve family and friends as support. Whether you live near or far, deciding to join forces and make New Year's resolutions together, increases the odds that you stay true to your goals. Providing accountability for each other, not only presents valuable reinforcement, but also offers the opportunity of staying in touch on a regular basis throughout the year. By helping each other, you gain a greater sense of purpose, which can be very meaningful in the life of a loved one or friend.

Whether you want to lose weight or accomplish another goal, there is no single solution that works for everyone. The key to maintaining your goals is to try new techniques and find ways to stay motivated.

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