

BE REALISTIC WITH THOSE RESOLUTIONS

HERE ARE SOME TIPS FOR STICKING WITH THOSE GOALS, WRITES MELANIE MCGREGOR



MELANIE MCGREGOR
Column

There's just something about the start of another trip around the Sun that can inspire new goals and habits — the traditional New Year's resolutions.

They're great, but we've likely all heard the patterns: Fitness centres have

been busy for the first few weeks of January and then they began to empty out. Maybe broccoli sales went through the roof for a month and then the chips and cookies climbed back up the list.

In other words, we don't stick to everything we resolve to do and that sometimes contributes to stress and feeling down on ourselves.

I turned to some people in my life to ask them about any new year's resolutions they'd been able to keep and what tips they could offer. What I learned is that there was no magic secret. There were two simple themes that consistently came out: 'be reasonable' and 'make it gradual'.

They had set goals that were realistic at first rather than pie-in-the-sky aspirations and they started

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slow, recognizing that new habits take time to build.

Here are a few achieved resolutions and tips they shared that might just bring some inspiration:

- One year, I decided I would eat more vegetables. I started with saying I would have salad at least once a day for January. Some days, I didn't feel like it, but I just told myself it was only for January. Once that month was done, I still had vegetables almost every day and I still do. I'm glad I made myself stick to it for that month.

- I had a bad habit of being on my phone for too

long before I went to sleep. So last January, I set a timer on my phone that would shut it down at a certain time on weeknights. I told my family that they couldn't let me go back on it

after that no matter what I said or did! I would read before bed instead and I got much better sleep. I still had it on weekends then, but now I always shut it off before I go to bed.

- I hate the cold. A few years ago, I said that I would try going out for a walk for 5 minutes every day after work. I hoped that I'd get used to the cold and start walking more but I never really went for longer than 10

minutes. It's better than nothing and I don't get down on myself for it.

Wishing you a safe and healthy new year of reasonable and gradual resolutions.

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