

How to make those New Year's resolutions stick

Tap into your company's wellness program to help you make and achieve your New Year's goals, suggests Alere Health.

Identify your core values.

Make a list of your core values—such as vitality, health, honesty, compassion, security—to get a sense of what is really important to you.

Set your priorities.

Target 3 or 4 of those values to focus on. Base your decision on values that you know would make you happier and improve your quality of life. Then look at what you are doing or not doing that is keeping that value from manifesting in your life.

Establish specific, measurable goals.

After you determine the changes you want to make, set specific, measurable goals to track your progress. One of the reasons that many people fail with resolutions is that their goals are too vague. Track your daily progress.

Be realistic.

The best health and wellness programs teach you to gradually reduce your unhealthy habits so that you can learn behaviors that will last. Go for ridiculously easy ones, and you'll achieve your goal every time.



Be creative.

Who says resolutions have to be about weight loss or exercise? Getting plenty of sleep can also promote better health and vitality. Or walk around the office if you sit all day. Pledge to stand up once an hour or when you take a phone call.

Chill out more.

Stress is the enemy to feeling better and being more productive. Stress management programs can provide the tips and support to manage those life situations that may anger, sadden or worry you and help to keep you on goal.

Do something for someone else.

Many stress management programs offered by employers encourage employees to manage stress and improve happiness by doing something for others. Employers are recognizing that employees that are active and engaged in helping others in their community are often more productive and healthier than those who do not. If your company supports a special cause, or if you have one important to you, make the effort to spend a few hours a month volunteering or helping in some way.