



Four Keys to Keeping Your Resolutions This Year

We've just begun a new year, which means many of us are setting new goals or reigniting old ones. But we all know that sticking to goals and forming new habits is hard work. Here are a few tips to help you stick with it:

Write It Down

Documenting your goals is helpful for a variety of reasons:

- it helps establish accountability
- it serves as a visual reminder of what you're setting out to accomplish
- you can review your goals regularly

It's important to write down the steps that will help you achieve your goal. For example, if you want to maintain a tidier home, you could make your bed each morning, sweep one room each day, and clean the bathroom every week. These smaller, measurable steps will make it easier to follow and maintain your larger goal, and you will feel less overwhelmed.

Keep Control

Choose goals with actionable, controllable steps. Uncontrollable goals, such as, “I’m going to work for Google this year,” are hard to stick to. The outcome relies on others (Google, in this case) making decisions that support your vision. Instead, choose goals that you are able to directly maintain. For example, “I’m going to work toward securing a job in the technology industry.” You can break this goal down into multiple steps, including pursuing education, preparing a resume, making connections in the industry, and ultimately securing a job. It leaves opportunities for success, and each of these successes give you momentum to complete the next step.

Know Why

Setting a generic goal with no endpoint can leave you feeling unaccomplished. Instead of saying, “I’m going to eat more vegetables this year,” or, “I’m going to hit the gym every day,” picture the outcome of the goal. Why do you want to accomplish these tasks? You might be striving for a leaner, toned figure. Perhaps you are making more health-conscious decisions to make your heart healthier. Maybe you simply want more endurance, and to feel capable of doing physical activity longer. Whatever the case may be, take the time to really understand why you are pursuing a particular goal. Make sure it’s something you care about and connect with. If you are only setting a goal to please other people, it’s hard to keep working toward it.

Be Flexible

This may be one of the most important elements of goal-setting. Be forgiving of yourself. Be adaptable. Help yourself succeed by allowing room for failure. If you are trying to minimize screen time and end up spending an evening curled up on the couch binging on Netflix, recognize that you had a bad goal day, and start over fresh the following day. Don’t make a habit of cheating on your goals, but be realistic. It’s not easy to break into new habits, and loading yourself with guilt over every misstep will only bring you down and inevitably lead to failure. Treat yourself like a friend or family member, and instead of berating yourself for messing up, rally and encourage yourself to step up and try again.

You can do this! If there’s any way, big or small, that we can help you reach your goals, please visit us.

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