

Reach Your Goals in

2023

New Year's resolutions don't always stick, but it's not because making progress is impossible. Sometimes success just takes a change in approach.

Here are a few tips to help you maintain your momentum, so you can meet all the goals you've set for yourself in 2023.

▶ Don't Let Perfection Be the Enemy of Progress

When deciding on goals, realism is key. It's better to develop smaller, more achievable goals than to set your sights too high and get discouraged by falling short.¹

For example, do you want to pick up a new hobby? Maybe activities like surfing and mountain hiking sound fun but aren't feasible based on where you live. Or say you want to get into better shape; instead of going from no exercise to exercising every day, consider starting with a set number of times per week until you've developed consistency.

If the progress you're demanding of yourself isn't realistic, you're likely to get discouraged if you start missing your targets. But by keeping your goals centered around your circumstances, you can maintain momentum and increase your likelihood of success.

▶ Manage Your Surroundings

When it comes to sticking with goals, self-control can be a crucial skill. But how do you get more when discipline seems to be in short supply?

Learning to manage your surroundings is a great first step.² If your goal is to improve your health, you can start by removing temptations that might sabotage you—like ridding your kitchen of sweets. Then add triggers to your environment that are more likely to help you succeed—such as setting out your exercise clothes ahead of time so you're more likely to follow through.

Just a little bit of advanced planning can let you create a controlled environment that's conducive to achieving your goals.

▶ Talk Yourself to the Top

The stories we tell ourselves can have a large impact on our outlook. Are you overly harsh, negative, or critical of your shortcomings? Do you focus on the things that go wrong instead of those that go right?

These types of thoughts are often unproductive and can play a major role in your personal progress.³ When you notice these unhelpful voices, try refuting them instead of accepting the thoughts at face value. And remember to talk to yourself kindly like you would to someone you care about. After all, a little bit of encouragement can go a long way.

As the saying goes: Whether you think you can or whether you think you can't, you're right. So the next time negative self-talk starts dragging you down, flip the script and transform the story from defeat to triumph.

¹Sur, Suranya. "Why is it Important to Set Realistic Goals? 8 Strong Reasons." *Wealthful Mind*, 2022

²Cherry, Kendra. "How to Improve Your Self-Control." *Verywell Mind*, 2022

³Scott, Elizabeth, PhD. "The Toxic Effects of Negative Self-Talk." *Verywell Mind*, 2022