

## New Years Resolution Goals— Planning Guide

### Presented by Bay Psychiatric Associates and Bay TMS

List several resolutions to consider	Is this my resolution or another's resolution?	Can you measure this resolution?	How attainable is this resolution?	Can you share it with a friend for support?	Will it impact your life positively?
1.	It is my resolution / No it is not mine.	Yes / No	Very Attainable / Tough / Very Unlikely	Yes / No	Yes / No
2.	It is my resolution / No it is not mine.	Yes / No	Very Attainable / Tough / Very Unlikely	Yes / No	Yes / No
3.	It is my resolution / No it is not mine.	Yes / No	Very Attainable / Tough / Very Unlikely	Yes / No	Yes / No
4.	It is my resolution / No it is not mine.	Yes / No	Very Attainable / Tough / Very Unlikely	Yes / No	Yes / No
5.	It is my resolution / No it is not mine.	Yes / No	Very Attainable / Tough / Very Unlikely	Yes / No	Yes / No

From the list above, pick two resolutions that best meet the criteria of the resolutions being yours, can be measured, is attainable, can be shared with a friend, and will have a positive impact in your life.

First resolution: \_\_\_\_\_

How will you measure it? \_\_\_\_\_

What date or dates will you set to accomplish or evaluate your progress? \_\_\_\_\_

What friend will you share this resolution?

What date will you begin ? \_\_\_\_\_

Second resolution: \_\_\_\_\_

How will you measure it? \_\_\_\_\_

What date or dates will you set to accomplish or evaluate your progress? \_\_\_\_\_

What friend will you share this resolution?

What date will you begin ? \_\_\_\_\_

*It's never too late to start over. New Year's Day is only a date. You can start again tomorrow morning or next Monday instead of next year. But this time, set yourself up for success.*

Be sure to post your resolution in 5 places you'll see daily as a reminder of your goal.



510-809-1599  
[www.baytms.com](http://www.baytms.com)  
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# Why Your New Year's Resolutions Will Fail- And What To Do To Be Successful

The start of the New Year is often the perfect time to turn a new page in your life, which is why so many people make New Year's resolutions. But why do so many resolutions fail?

Two reasons they fail:

- ♦ It is not your resolution but rather a resolution others want you to have.
- ♦ If it is your resolution it fails because it is unrealistic.

We all want to be successful and achieve our goals, but sometimes, we are not set up to succeed from the start. With that in mind, our team at BayTMS and Bay Psychiatric Associates has developed a few simple tips that can help achieve your New Year's Resolutions.



## Tips for A Successful New Year's Resolution

Own it – Decide on a resolution that is for yourself, not for your partner, friend or family. This makes achieving the resolution sweeter—you know you did it for YOU!

Be Realistic – Don't set out to hit the gym 6 days a week for three hours a day for the whole year. Start by setting a small goal catered to your lifestyle and schedule and focus on a shorter duration, i.e. attending two classes at the gym for one month. At the end of the timeframe, re-evaluate where you are and set the next goal and interval. This helps fuel feelings of accomplishment, which will keep you motivated to be successful.

Tell people about it– This helps keep you accountable. The more people that know about it, the more people there are to encourage you. We do know this can be a blessing or a curse. But it will help you accomplish your goal.

Track your progress – Post the resolution in 5 places you'll see daily as a reminder of your goal.

Reward Small Achievements – When you reach a portion of the goal, be kind to yourself. Recognize the accomplishment; this will help keep you focused and excited about achieving your goal

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Use the worksheet on the opposite side to succeed!*



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