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## TIPS FOR SETTING NEW YEAR RESOLUTIONS

2021, here we come!

Here are three tips to set your New Year's resolutions and increase your chances of reaching your goals.

### #1

### Prioritize Three Goals -- Stop, Start, Continue



**“When we set too many goals for ourselves, we lose track over time of what is most important and often fail to accomplish much of anything.”**



STOP

Most of us have habits that are holding us back from becoming the best version of ourselves. So call yourself out on one practice that hinders your progress and commit to stopping it in 2021.



START

Is there something you have always wanted to do but never transitioned to action? 2021 is the year to start on the things we have always wanted to do but never quite made them a priority.



CONTINUE

Chances are, you have been doing SOMETHING right, and that has been contributing to your current success. Whatever that may be for you, keep it up and continue to reap the rewards.

### #2

### Engage With Others



Engage with your circle of friends

Every individual should surround themselves with advisors and influencers who positively and proactively challenge them. These people play a key role in energizing us to reach our peak performance.

We should communicate with them our three prioritized goals and enlist their support in holding us accountable throughout the year.

### #3

### Track and Celebrate Your Milestones



Completed Level 1  
of Japanese language  
MARCH 2021

Had a conversation  
in Japanese  
JULY 2021

We must move forward one step at a time which is why it is important to both track and celebrate our milestones along the way.

These short-term accomplishments keep us motivated and on track to achieving our long-term goals.

## HOW TO TURN NEW YEAR RESOLUTIONS INTO CONCRETE GOALS

*“Character is the ability to carry out a good resolution long after the excitement of the moment has passed.”  
Cavett Robert*

Well, it is almost time to say goodbye to 2020! What a year it has been. As we all hope and plan for a better 2021, now may be the time to draft some resolutions if you choose to do so.

In this month's InfoPays, we go over how to turn your plans into concrete goals so that when you reflect, you can see how you did. Read on for 5 tips on creating concrete, achievable resolutions:

### 1. Use the power of visualization.

Being able to see the goals you have outlined is powerful. Humans are forgetful, especially in an era of consistent and constant information overload. A community board or a digital screen where your team can see the goals daily is a significant step to making those goals “stick”.

### 2. Break the cycle of inaction.

This is truer than anything about achieving resolutions and getting life-changing results. Most people are stuck waiting for the perfect conditions, and we all know that they don't exist. The time to act on your goals is now.

### 3. Ensure goals are SMART.

An age-old concept, SMART goals is a simple acronym to remind you that goals need to be specific, measurable, agreed upon, realistic, and time-based. An example of a SMART goal for your business: increase revenues by 15% by the end of next year through launching a multi-channel campaign spanning on TV, radio, and social media.



### 4. Share your goals with others for accountability.

When you share your goals with others, you suddenly have the responsibility not just towards yourself but towards the person with whom you have shared them. No one likes to be called out for not delivering on what they set out, so the added peer pressure may just be the motivational boost you were lacking.

### 5. Break down goals into measurable actions.

This is a powerful strategy in defining smaller milestones that are crucial in building your morale and making you feel confident in tackling the big items. It also helps you feel more organized by providing a roadmap and progress updates.

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