

Stick with it and stay on track: make your goals a reality

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If you're like many of us, you've made New Year's resolutions, and other personal or work goals with the best of intentions and high hopes for success, only to lose interest and abandon them within a few weeks. ***Here are some suggestions for staying motivated:***



1. **Write down all of your reasons for making your resolution.** It helps to get clear on all the ways you will benefit from achieving your goal.
2. **Break down your goal into small steps, then reward yourself as each step is completed.** For instance, if you have a weight-loss goal of 50 lbs., give yourself a treat (not necessarily food!) for each ten pounds you take off.



3. **Keep track of your progress.**
Write it in a journal or make a chart or graph.
4. **Spend some time every day visualizing your goal.** Studies have shown that athletes who visualize themselves successfully playing their sport perform better than those who only practice without visualizing.
5. **Write down your goal on three index cards, and keep them where you see them several times each day.** The cards not only act as a reminder, but according to Joyce L. Vedral, Ph.D., author of *Look In, Look Up, Look Out - Be the Person You Were Meant to Be*, this technique programs your subconscious mind to work on your goal 24 hours a day.
6. **Challenge your negative self-talk.** If you replace each negative message with a positive one, you will change your beliefs about you. And believing in yourself may be the most important element of success!