

## TIPS FOR SETTING GOALS AND KEEPING THEM

During this time of year, we often find ourselves thinking about the person that we want to work towards. When we must create new habits, it can be challenging to maintain them. Below are some tricks to help you create and maintain your goals in this new year.

### Two-Minute Rule:

When creating a new habit, it isn't about how much time you spend on it, but rather the frequency. Start by dedicating just 2 minutes to your new habit. Trying to implement reading? Read 1-2 pages. Trying to be more physically active? Walk for 2 minutes. Remember, the importance here is creating a new routine, so at first, focus on consistency.

### Make It Your Identity:

When we create habits, we might start with the outcome, figure out the process to achieve that outcome, and then we can now identify as this new person. The key to creating a new habit is to perform this procedure in reverse. Think about how you want to be identified - someone who's: active, financially stable, giving, well-rested, etc. - and then work through a realistic process to help you obtain that outcome.

### Habit Stacking/Replacing:

We each have various routines throughout our day. Where can you find time in your routine to add in a new habit or replace a bad one? Replace scrolling on social media while the coffee brews with practicing gratitude. Stretch for 5 minutes after you brush your teeth before bed. Habit stacking/replacing is an effective way to make subtle changes that are easier to perpetuate.

Want to learn more about habits? Consider reading *Atomic Habits* by James Clear.