
Tips for keeping New Year's resolutions

In January, people often make New Year's resolutions. They set goals to do something or be a little better at something. For example, people may want to save money, lose weight, improve their mental health and other things.

Most people have trouble keeping their New Year's resolutions.

Here are some tips:

1. Do not make too many resolutions. Pick one or two.
2. Plan. Think about how long it may take to reach your goal.
3. Set a specific goal. For example, instead of saying you want to exercise more, say you will exercise 30 minutes a day.
4. Be patient. It takes time to form a new habit.



Plan and think how long it may take to reach your goal.

Adapted from UC Davis Health • Photo: Pexels/John Diez