



Resolutions to Celebrate

Start the new year with a fresh outlook. Instead of creating lofty goals, start small. Tiny aspirations are less overwhelming, less stressful, and take less time to accomplish. Try some of these ideas adapted from “Tiny Habits,” by BJ Fogg, PhD.

Making a Behavior Stick

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1. Write down one challenging goal that you tried to accomplish in the past but were unsuccessful. For example, *I will lose 25 pounds in the next 3 months.*
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2. Ask yourself: Why was this hard to accomplish? Did it require too much time, money, mental or physical effort? Did it work with your daily routine?
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3. For each reason listed in Step 2, ask yourself how you could make this habit easier to do. For example, *I will focus on healthy snacks this week. I will take the stairs instead of the elevator. I will walk 20 minutes a day.*
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4. Once you have made a list of easy things you can do that will help you meet your goal, choose your top 3 ideas.
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5. Imagine your success! Visualize yourself doing the activities you identified to reach your goal.



Go Team Go!

In your unit-based team meeting, discuss how your team can be healthier. Encourage team members to think about their personal goals. Then determine if the team has one common goal. Commit to one tiny habit as a team. Here are sample project ideas: meatless Mondays, exchanging water for soda, journaling your food intake.

Create a SMART goal: *The team will decrease its average Body Mass Index from _____ to _____ by month/day/year. Track the results and celebrate your team's success!*

ADDITIONAL RESOURCES



- » [Food for Health blog](#)
[KP intranet]
- » [Emotional eating](#)
- » [Tips for staying active](#)
- » [Tiny Habits](#)