

Wellbeing Wednesday

ISSUE 13: New Year: New You

The New Year is always an extra exciting time. It is a fresh start, and another chance for us all to step into a healthier, happier version of ourselves.

Key points setting New Years' goals

- Start with small goals. You may be feeling motivated and excited about your goal, but don't let your ambition lead you to unattainable levels.
- Make it measurable.
- Be realistic with what you can achieve
- Make a plan or write your goals down
- Stay positive, there will be bumps in the road and that's ok!



Additional
Resource

[How to Keep Your New Year's Resolutions: 10 Smart Tips](https://www.verywellmind.com/how-to-keep-your-new-year-resolutions-10-smart-tips-2786274)
([verywellmind.com](https://www.verywellmind.com))