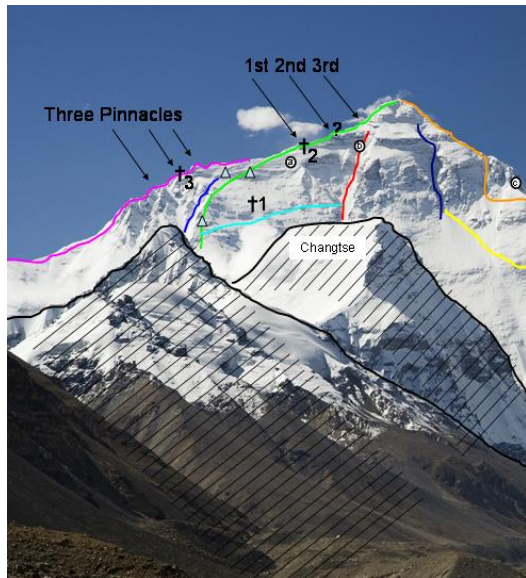
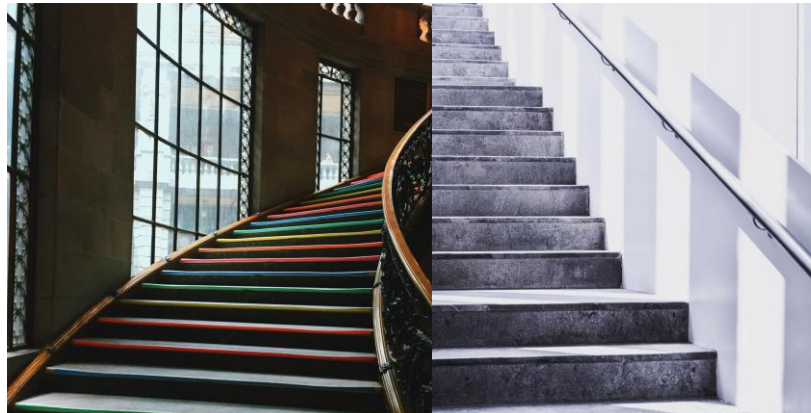


## Health & Wellness Newsletter January 2023



### CLIMBING MOUNT EVEREST 2023

#### ONE STEP AT A TIME



*Happy New Year 2023!!!*

January brings hope for change with many New Years resolutions made to improve health, relationships, and improve the quality of our lives. According to the website; Insideout Mastery; Unleash Your Full Potential, an article titled, *19 Mind-Blowing New Year's Resolution Statistics (2023)*, reports millions of people set New Year's resolution goals but give up on them within the first week. The question asked is: *What do the people that set goals and achieve them do differently?*

#### *A little history of the origins of New Year's Resolutions*

The Babylonians made the first New Years resolutions about 4000 years ago, however these resolutions were not made on January 1<sup>st</sup> but mid-March during a 12-day festival called *Akitu*, during the spring harvest of barley.

Currently, 38.5% of US adults set New Year's resolutions every year and 59% of young adults (18-34) set New Year's resolutions, making them the largest group that sets goals for the New Year. Topping the list of goals is to **exercise more**. The top 3 resolutions are all health-related which is great however, of this group 23% quit the first week and only 36% make it past the first month & 9% successfully keep their New Year's resolution (Nov. 15, 2022).



### SET SMART GOALS

S=Simple M=Measurable A=Achievable R=Realistic/Relevant T=Time-Bound

# The Secret to achieving the goals set for 2023

Is

## Knowing how to best set goals

Millions of people set goals annually but many don't cross the finish line. The first step is to clearly define what you want to do. It is best to start small and to be very specific. Picking the right goal is important too. A clear vision of what you hope to accomplish is vital. A second practice that is proven to help in achievement is for you to write the goal down. Frequent reminders of your goal increases success. Hanging a reminder in a spot you frequently look is a good practice. According to Leon Ho, founder of Lifehack.org knowing your life purpose helps align the goals you set for self-improvement giving them meaning to you and increasing the likelihood of success.

An action plan that includes specific dates will help you achieve your long-term goals. Meaningful deadlines create a step-by-step measure for accountability. These measurements of success are motivating and can inspire consistency. If the goal is too big it can be overwhelming. Avoid the trap of instant gratification. Small rewards along the journey help you stick to the plan.

### TAKE THE STEPS

Movement is key to health and wellness. For 2023 a simple goal to take the stairs, when given the choice might be a good goal to set to put goal setting into practice. A challenge to begin taking the stairs to your destination is an example of a SMART goal that is simple, measurable, achievable (for many), realistic/relevant (for many), and time-bound. This is an example of a challenge (goal) that is clear, well-defined, and can be a launching pad for setting goals for the future. Another way to improve success is to participate in team challenges that provide support and encouragement and an accountability to a team goal improving the chance of success. Remember to track your progress along the way to help identify the things that worked well to improve success in achieving goals in the future.



Resolution for  
2023

[www.lifehack.org/AchievinggoalsTheultimateguidetogoalachieving&goalsetting2022](https://www.lifehack.org/AchievinggoalsTheultimateguidetogoalachieving&goalsetting2022); [https://insideoutmastery.com/newyears-resolution-statistics/#:~:text=43%25%20of%20people%20expect,keep%20their%20New%20Year's%20resolutions](https://insideoutmastery.com/newyears-resolution-statistics/#:~:text=43%25%20of%20people%20expect,keep%20their%20New%20Year's%20resolutions;); North Face (Everest) - Wikipedia; Hand schreibt "Vorsatz /Vorsätze für 2023" auf ein Whiteboard - Creative Commons Bilder (wuestenigel.com)