



Turn New Year's Resolutions Into Reality



The start of a new year often inspires us to make changes and set goals for ourselves and our families. While many New Year's resolutions focus on improving health and wellness, staying motivated and consistent can be challenging. The good news? With thoughtful planning and realistic expectations, resolutions *can* become lasting habits.

If improving health, building better routines, or breaking unwanted habits is part of your goal this year, these tips can help turn good intentions into real results.

Tips for Making and Keeping Resolutions

1. Know Your "Why"

Understanding *why* you want to make a change helps keep you motivated.

- To improve overall health and energy
- To reduce stress
- To change an unwanted habit

2. Set Clear and Specific Goals

Vague goals are harder to follow through on. Be specific and realistic.

- Exercise for 30 minutes, three times a week.
- Choose oatmeal or fruit instead of a muffin for breakfast.
- Limit screen time by having no technology after supper.

3. Focus on Building Habits

Healthy change does not happen overnight.

- It takes about 21 days to form a new habit.
- It takes about 90 days for a habit to become a lifestyle.

4. Find an Accountability Partner

Having someone check in on your progress can make a big difference.

- A friend, family member, or coworker can help keep you on track.
- Share successes and challenges together.

5. Track Your Progress

Keeping track helps you recognize what is working.

- Write in a journal or use a tracker.
- Note what makes goals easier - and what makes them harder.

6. Keep Going (even after setbacks)

Everyone slips up sometimes - and that is okay.

- Don't give up after a setback.
- Start again...and again...and again, if needed!
- Progress is more important than perfection.

If you have any questions, please contact the school nurses:

Katy Stokke, RN, Elementary - kstokke@spirit-lake.k12.ia.us - 712-336-2822 ext 4383

Macy Cornwall, RN, Middle & High School - mccornwall@spirit-lake.k12.ia.us 712-336-1370 ext 4380