

# RESOLUTION REVOLUTION



**GO YOU<sup>SM</sup>**



# WELCOME!



## FOR TODAY

- A NEW YEAR, A FRESH START
- *GET A VISION, SET A GOAL, NOW ACT*
- TIPS FOR CHANGING SPECIFIC BEHAVIORS
- QUESTIONS AND COMMENTS

## A NEW YEAR, A FRESH START

- Change results from your lifestyle
- Make a declaration of change
  - Say it, write it

We **are**  
what we repeatedly **do.**

– Aristotle



## GET A VISION...



- Something you ultimately want to achieve
  - Your motivating force
- Discover your *Why*?
  - Find reasons that are meaningful to you

## SET A GOAL...

- A specific plan
  - Bridging the gap to where you want to be
- Prioritize your goals
  - Realistic weekly steps
  - 3-month milestones
  - Yearly, long-term goals



**...NOW, ACT!**

**Don't wait for the "magic" moment**

- Make preparations
- Start working your plan



## SET SMART GOALS

- **S**pecific and small
- **M**easurable
- **A**ction-based
- **R**ealistic
- **T**ime-oriented



## BE FLEXIBLE



- Goals are a baseline for change
- Goals can be modified
- Focus on your vision even if you don't achieve all your goals

**The fact that what you're reaching for is challenging doesn't mean it's unattainable**



## KNOW YOUR MOTIVATING FACTORS



- **External motivation** is influenced by others
  - Peer pressure, material success, public recognition
- **Internal motivation** aligns with your core values

**Internally motivated people achieve and maintain their goals more often**

## BUILD A SUPPORT NETWORK

- Others see possibilities in you that you don't
- Provides accountability and motivation



**Get support from family, friends or people with shared interests**

# OWN YOUR SUCCESSES



## Applaud yourself!

- **You** decided to change your life
- **You** are doing all the hard work

## STAY FORWARD THINKING



- When you achieve your vision, maintain momentum
- Start planning for a new vision

**What else can you see yourself doing now that you've made it this far?**

## TIPS FOR WEIGHT MANAGEMENT



- Food diary for 1 week
- Get regular exercise
- Plan to lose ½ to 2 pounds each week
- Just say “no” to fad diets
- Don’t forbid foods
- Use support partners

## TIPS FOR EXERCISE



- Pick exercises and activities you enjoy
- Start slowly and build endurance
- Schedule workout time
- If injured, give yourself time to heal
- Vary your routine

## TIPS FOR TOBACCO CESSATION



- Prepare, prepare, prepare
- Get professional help
- Choose the right approach for you
- Know your triggers
- Track your tobacco

## TIPS FOR TIME MANAGEMENT



- Take time to plan and organize
- Set SMART goals
- “A, B, C” priorities
- Make to-do lists
- Be flexible – build buffer time in your day
- Schedule “me” time



## TIPS FOR STRESS MANAGEMENT



- Exercise for less tension
  - “Feel good” endorphins
- Eat nutrient-dense foods
- Laugh through your day
- Relaxation techniques
  - Deep breathing, muscle relaxation, visualization
- Find what works for you

## DON'T GIVE UP ON YOUR VISION

Life is a **marathon...**  
...you get to the finish line  
**one step at a time.**



The only way you can lose is to quit the race!



## **SUMMARY AND QUESTIONS**

Thank you for attending!

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