

How to Keep Your New Year's Resolutions

The new year has arrived, and you have already drawn up your resolutions. Now, how to stick to your plan?

Steps:

1. Put it all on paper. Write your resolutions down, and keep them in an accessible place as reminders - tape them to your mirror, write them in a journal or put them on your refrigerator door.
2. Mark your calendar. Set deadlines for yourself to tackle each step toward reaching your goal, one at a time.
3. Start as soon as possible. Go out and purchase the necessary equipment or literature; call now and set up an appointment with your dentist, your doctor, your trainer, your accountant....
4. Find a role model. Is there anyone who has succeeded in fulfilling an ambition like yours? Look to this person as a reminder that it is possible to achieve your goal.
5. Check your progress regularly, and give yourself an occasional reward for your efforts. Make sure the reward isn't contrary to your resolution; celebrate a cigarette-free month with a weekend trip or a new outfit, not with a cigarette!
6. Inform friends and family of your goals, and recruit them to regularly remind and support you in your endeavors.

Tips:

- Don't sweat the setbacks; persistence is the key.