

## *“For Safety’s Sake - Do Something”*



## **Happy New Year!**

**Making New Year resolutions?** Here’s a few tips for success.

**Don’t make too many resolutions.** Pick a realistic, attainable goal with a reasonable time frame.

**Choose your own resolution.** Make sure your goal is something that you want to accomplish for yourself and not just for friends or family.

**Make a plan and write it down.** Plan what you’d like to accomplish in a certain period of time, like three months. Achieving small goals over time gives you a sense of accomplishment and motivation to keep going. Writing your goals down is a good way to keep track of your progress.

**Involve friends and family.** They can support your efforts, and can motivate you to keep going.

**If you get off track, forgive yourself.** Review your plan and make adjustments.

**Congratulate yourself.** Reward yourself when your intermediate goals or resolutions are met.