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10 Tips to Creating Sustainable New Year's Resolutions



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Try these goal-setting tips to set yourself up for success:

How many New Year's resolutions have you ever stuck with throughout a whole year?

Likely, the answer is few, or none. Why? Because we commit to superhero goals, or to things we don't really enjoy, just because we think we 'should.'

Each year, millions of people enthusiastically make New Year's resolutions with the best of intentions. It is a fresh start and the opportunity to forgive any perceived failures from the prior year.

We come tearing into January like the fastest and most determined racehorse, only to peter out shortly thereafter. Life gets in the way, and we realize we were overly zealous in our vision. We set unrealistic goals and then bail before we are barely out of the gate.

By Valentine's Day, most resolutions are left behind until the next New Year when we try again.

The ritual of making New Year's resolutions *is* a great way to jumpstart the year. It is empowering to look at a clean slate ahead and imagine all that we want to do and be in the coming year.

Why not strive to become our best, most resilient, and healthiest self?

The world has changed drastically though, as we continue to swirl through a pandemic in real time. We are being challenged in unimaginable ways. It is pushing us to develop new habits to take care of our mental and physical health as we navigate this uncharted terrain.

We are different than we were two years ago before the pandemic began. What used to serve us well may need to be adjusted. We have experienced how quickly life as we know it can change.

Fear and increased stress are more prevalent, which depletes our aspirations and productivity.

“It is said that before entering the sea a river trembles with fear. She looks back at the path she has traveled, from the peaks of the mountains, the long winding road crossing forests, and villages. And in front of her, she sees an ocean so vast, that to enter there seems nothing more than to disappear forever. But there is no other way.

The river cannot go back. Nobody can go back. To go back is impossible in existence.

The river needs to take the risk of entering the ocean because only then will fear disappear, because that’s where the river will know it’s not about disappearing into the ocean, but of becoming the ocean.”

– Author Kahlil Gibran

Like the river entering the ocean, why not shift our perspective and explore a new approach to setting goals? (*that's backed by science too!*)

Instead of making overly ambitious resolutions about everything we want to do more or less of why not look at each day as a new opportunity? We don't need the marker or a new year, a birthday, or another milestone date to implement change. We can start fresh every 24 hours, if needed. In fact, we can implement a do-over at any time, on any day.

So, how do we create sustainable goals to take care of our health and wellbeing?

How do we change habits?

What will enable us to stick with a routine?

There is no secret sauce. Like the Nike slogan says, "Just do it." If you want to get into shape, start with movement and be mindful in the kitchen. If you want to spend time with family and friends, just schedule it.

Breaking old habits and developing new ones doesn't magically happen. It's about forced repetition over time.

Albeit cliches, these are useful sentiments, "If at first you don't succeed, try, and try again...." "Life is a marathon, not a sprint." "Less is more." Slow, steady, consistent actions will help you reach your personal best.

Try these goal-setting tips to set yourself up for success:

1. First and foremost, good sleep and proper nutrition are critical for overall health and wellbeing. Imbalance in either area will have a ripple effect into every other aspect of your life.
2. Get clear in your intention. Ask yourself, "What do I want, why do I want it, and how can I get it?"
3. K.I.S.S. – Keep it so simple. Avoid unnecessary complexity.
4. Set bite-sized, realistic goals. Make sure they are measurable and specific. Incorporate activities you enjoy and are motivated by. For example, instead of committing to walking or running 10,000 steps 7 days a week, start with 1-2 times a week. See if you meet that goal on a regular basis. If so, increase it by another day.
5. Make your goals visible. Post them on the bathroom mirror, on your desk, near your bed.
6. Get a dedicated notebook to track your progress.
7. Adjust your lifestyle to match your goals. If necessary, alter your morning or evening routine to give yourself the time needed.
8. Enlist the help of an accountability partner to support you.

9. Introduce trusted nutritional products to ensure your daily needs are met. Using products that work on metabolism, improve joint and muscle health, and strengthen your body as it deals with stress and inflammation, will add support to your life across all areas and ensure your daily nutrition needs are met. [Explore the range of our mend™ nutrition products for daily use and chronic healing to help improve your life.](#)

10. Don't beat yourself up if you miss a day, fall short of your goals, or finish off a pint of Haagen-Dazs while binge watching Netflix. That's OK. Just keep at it. Give yourself permission to be human.

Always remember, each moment is an opportunity to appreciate what you have, where you're at, and plan how to improve tomorrow. Pause, breathe, and listen to your inner guidance. Take baby steps to a better you and a healthier future.

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