Make SMART New Years Resolutions!

Like many people, I annually make a vague resolution to stay fit. This year, why not join me and make a **SMART** goal instead? Here are 5 tips for making a resolution that sticks!

**Specific**
What exactly do you want to accomplish? A clearly defined goal gives you motivation and something to measure your success by!

**Measurable**
Quantify your goal, so you know how close you are to completing it! For example, if you are running you can measure by how much distance you achieve, or how fast you can run a distance.

**Action-oriented**
Plan out what you are going to do to achieve your goal! Whether it's taking the stairs instead of the elevator or going to hatha yoga three times a week, you are more likely to stick to your resolution if you already have an outline.

**Realistic**
Your goal should push you, but still be attainable. Remember, change takes time! Ask yourself if you can achieve your goal in a healthy manner.

**Timely**
Set both a long-term goal and a series of short-term goals to keep you on track. It also makes it easier to see your progress from when you started.

**Don’t forget to reward yourself as you achieve your goals!**


Top image: <http://misonani.com/2013/03/05/running-in-vancouver/>

Bottom image: <http://beyogaandwellness.com/>