

In 2023 be the best you can be: make more meaningful New Year's resolutions



Every January, we are bombarded with “New Year, New You” messages about how to be a healthier happier person. While it’s commendable to work towards a better you in 2023, health and well-being is a life-long journey. *Forbes* states, according to a study by the University of Scranton, that only 8% of people will achieve their New Year’s resolutions.

The *Forbes* article also discusses the best ways to achieve resolutions and says that intention, hope/engagement, responsibility, and inspiration are key to achieving the goals. Below are some other ways you can focus on the resolutions you’re making and be the best person you can be in 2023.

- **decide what will make you most happy:** most people aren’t able to successfully implement multiple resolutions. Set one or two and work hard on those. Too many can be distracting and can make it difficult to work on your goals. Focus on the most important ones and when you achieve those, make another one and tackle it.



→ **recognize the past several years have been difficult:** the Covid pandemic has brought about havoc on many people's mental and physical health. Being aware of this doesn't mean that you are weak. It means that you have a healthy self-awareness of your life circumstances. During the pandemic, many have experienced financial instability and have lost jobs, they have felt lonely and some isolated, and started unhealthy habits. It is important to recognize any challenges the pandemic can still bring to your 2023 goals so you can be successful.

→ **take a social media break:** this is something that's repeated often in articles about self-improvement and mental health. During the pandemic, many have used social media to stay in connection with loved ones and friends. However, there are good reasons to use social media less. According to [Psychology Today](#), healthy self-esteem can be greatly compromised by social media use and leaves 60% of all users feeling inadequate. If you're trying to improve yourself and everyone around you seems to be living a perfect life, you could find yourself comparing your life, and not favorably. Limiting your social media use to 30 minutes a day can be a mood improver, and you should see benefits in as little as three weeks.

→ **be realistic so you can succeed:** set realistic and achievable goals for yourself. When you set a goal that there is no way you can achieve, it will be a letdown when it doesn't happen. For example, if you want to lose weight, you setting a goal to lose 75 lbs. by the end of March is not achievable (the exception is weight loss surgery). You should research your goal and see what is the best way to get there. For weight loss, the [Mayo Clinic](#) says 1–2 lbs. per week is an attainable goal. Setting a goal of 75 lbs. when 20–40 is more realistic can just lead to a big disappointment in yourself.

→ **be kind to yourself:** if you have trouble getting in gear or with your goals, don't beat yourself up. Life changes are difficult, and they can take time to fully flesh out. If you experience a backslide, don't worry about it! Work to not do it again and give yourself a break. Tomorrow is a new day!

It's a way of life

Resolutions may seem silly to some, but there are several positive reasons to make them:

- > Resolutions provide practice in setting goals. Goal-setting is an important component of life.
- > Resolutions can offer a time for reflection. Too often people are rushing through their daily life without stopping and slowing down to truly assess the impact of their actions.
- > Resolutions can often motivate people to make positive changes in their lives.

