

6 ways to reach your health goals in 2022



This time of year, many of us are thinking about the goals we hope to reach in the new year. But keeping those goals might be another story. Researchers have found that almost 30% of New Year's resolutions fail after just two weeks. By month three, half of us have given up.¹ Are you hoping to become stronger, happier and healthier in 2022? Read on for our tips to help you stick to those New Year's resolutions. They could benefit your life for years to come.



1. Talk with your primary care doctor

Make sure you've set good health goals by first talking with your primary care doctor. Let them know your hopes for your health. Ask if your goals are possible based on your current health. Your doctor can help you pick goals that are possible for you to meet.



2. Small steps = big changes

Taking on too much too quickly is a common reason why many New Year's goals fail. Changing your normal routine too much can make your plans harder to stick to. Instead, take smaller steps that will help you achieve your larger goal over time.

For example, if you want to lose 50 pounds, break that goal down into smaller goals. You might begin by **swapping your daily soda for seltzer**. Or, you can plan to do **10 minutes of cardio every other day**. At the end of the week, you'll have met your goal, which will help boost your confidence. Then, you can take on the next goal in week two, then week three and so on.

Remember: Small wins over time can add up to big success!



3. Create a routine

It's said that humans are creatures of habit. But before you can form a new habit, you need to have a routine. A routine means doing the same set of actions over and over. Routines can feel a little hard at first. But if you stick with them, they'll become habit. The key is to plan your day around your goals and new routine.



4. Keep your head up!

Setbacks can occur on the path to any goal. If you set a small goal but don't meet it, that's OK! The key is to not give up. Give yourself the gift of being an imperfect human being. Then, give yourself the gift of trying again.

Remember what psychologist B.F. Skinner said about handling failures: **"A failure is not always a mistake, it may simply be the best one can do. The real mistake is to stop trying."**



5. Buddy up

Everyone needs support when trying to meet a new goal. Find a friend or family member who has a similar goal to yours. That way, you'll have someone you can talk to. You'll also have someone you can give support to. Helping others boosts our own happiness.



6. Enjoy the journey (or at least try to!)

Rather than worrying about how hard it is to reach your goal, try focusing on the details that are on the path to meeting your goal.

If you're starting to walk in the mornings, listen to the birds and watch the sky turn colors. If your goal is to stress less, buy some candles that smell good and light them while meditating. Remember the kind words and smiles that people in your support system offer you along the way.

¹<https://onlinelibrary.wiley.com/doi/pdf/10.1002/jclp.1151>

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