

# GOLDSTEIN & HANDWERKER, LLP

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February 2018

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Steven Goldstein

## ARE YOU KEEPING UP WITH YOUR NEW YEAR'S RESOLUTIONS? TIPS TO KEEP YOURSELF ON TRACK

Statistically, 80% of people who set New Year's resolutions give up by the middle of February. The main reasons people quit? It comes down to three primary factors:

- A lack of motivation
- The bar was set too high
- Zero accountability

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You set resolutions because you want to make a difference in your life, your family's life, or your career. Having accountability can make your outcome entirely different.

### Here's what you need to do:

Tell family, friends, or colleagues about your goals. Tell them what it is you intend to accomplish, how you will accomplish it, and when it will be accomplished.

Check in with your accountability partner(s) regularly. Have check-ins once a week, or whenever you make progress on your goal. If you and your accountability partner are working toward the same or similar goal, work together and hold one another accountable. This is one of the single best ways to excel at attaining your goals. It's also incredibly motivating.

If you find you set the bar too high or your goal is unrealistic, don't be afraid to make a few changes. This is not admitting defeat. Give yourself more time, or sit down with your accountability partner and brainstorm ways to make the goal more realistic. Work through it and give yourself the room you need to succeed.

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