



## **ENABLE EXERCISE #17**

### **Sustaining New (Year's) Goals**

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Nearly four out of 10 adults will make one or more resolutions for the new year, according to a study done by the University of Scranton professor John Norcross in 2002:

- After the first week of carrying out the goal, about 75 percent of people maintain their goal
- After week two, nearly 70 percent of people will maintain their goal
- After one month, about 64 percent will stick with their resolution
- After six months, about 46 percent of people are still on track with their goal

#### **ENSURING SUCCUCCESSFUL COMPLETION OF NEW GOALS**

1. What actions can you take to ensure you *stick* with your goal?
2. What triggers might cause you to relapse and minimize the importance of your goal?
3. How can you monitor progress of your goal to show you that you are being successful?
4. Who can you engage with to be supporter of your goal intentions and what can they do to assist and support you?
5. What things in your environment (work or home) can you do to help reinforce the successful completion of your goal?
6. How can you reward yourself for successful completion of your goal?