

4 PSYCHOLOGICAL TRICKS TO HELP YOU STICK WITH YOUR RESOLUTIONS

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It's the same routine every year. Set a resolution and proclaim that it's your year to finally make a change. But by February or March, the same old habits creep back into your life.



If you're ready to make 2021 the year your resolution sticks, try these helpful tricks to keep yourself focused and dedicated to positive changes.

Visualize your “why.”

Visualization is powerful for motivation, but it's hard to visualize abstract goals. If you want to lose weight so that you can fit into your old jeans again, you might lose sight of that goal quickly. But, if you want to lose weight so you can run a mile without getting winded, you may have an easier time seeing and feeling yourself achieve end goal—and then doing what you need to do to stay on track.

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The beginning of love is to let those we love be perfectly themselves, and not twist them to fit our image. Otherwise, we love only the reflection of ourselves we find in them.

- Thomas Merton

[Quotes sourced from Self By Design](#)

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February's Book Recommendation

Good Vibes, Good Life

by Vex King

Vex overcame adversity to become a source of hope for thousands of young people, and now draws from his personal experience and his intuitive wisdom to inspire you to:

- practice self-care, overcome toxic energy and prioritize your wellbeing
- cultivate positive lifestyle habits, including mindfulness and meditation
- change your beliefs to invite great opportunities into your life

In this book, Vex will show you that when you change the way you think, feel, speak and act, you begin to change the world.

Incorporate incentives for positive reinforcement.

When you want to teach your pet to avoid destructive behaviors, you probably use positive reinforcement rather than negative punishments. Yet too often we will criticize ourselves for slip-ups and fail to recognize our own positive behaviors. Change that pattern by creating incentives for your own small achievements. For example, finishing a chapter in a new book might be rewarded with an hour of watching your favorite binge-worthy sitcom.

Seek external accountability.

Your motivation doesn't have to come entirely from within. Often, it's helpful to enlist a trusted buddy to take part in new activities (or quit the harmful ones) with you. Even without a direct partner in your goal, consider asking friends and relatives to hold you accountable for your goals in different ways. Again, think of accountability as more positive reinforcement to support good behaviors rather than guilt and punishment for slipping up.

Set mini-goals.

Your New Year's resolution is most likely a big goal such as "lose 50 pounds" or "learn to cook." However, goals of this magnitude can be daunting and easy to lose sight of. Instead of tackling one big goal, set smaller benchmarks so that you can frame your success as a series of achievements with each one providing more motivation for the next.

Things to Remember When Sticking to your Goals

- Do it for yourself.
- Break big dreams into small-enough steps
- Don't rush the process.
- Commit yourself.
- Give yourself rewards.
- Learn from the past.
- Don't focus on perfection
- Any activity is always better than none

For more information or advice, contact eni online at:

www.eniweb.com

Cognitive Health & Wellbeing with Self By Design

Integrated into the **NexGen EAP Mobile App**



Integrated into our NexGen EAP mobile app, [Self By Design](#) is a mindset app created to support you in becoming the best version of yourself. Rooted in neuroscience and psychology, this app was designed to keep you inspired and motivated to work towards your wellness goals with curated collections of inspirational quotes, affirmations, and the ability to create your own powerful visual reminders to keep you on track.