









# RESOLUTIONS

- staying
- on
- target

## *To stay on target...*

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-  Choose one habit you want to change.
  -  Make a real commitment to change the habit.
  -  Set realistic goals and work towards them.
  -  Plan how to deal with challenges you will face.
  -  Ask for support from family, friends and co-workers.
  -  Believe that the benefits of changing the habit outweigh the costs.
  -  Reward yourself for every goal you reach.

STAYING ON TARGET

**Working Wellness**  
TOWARD  
LIVE BETTER. LIVE LONGER.

