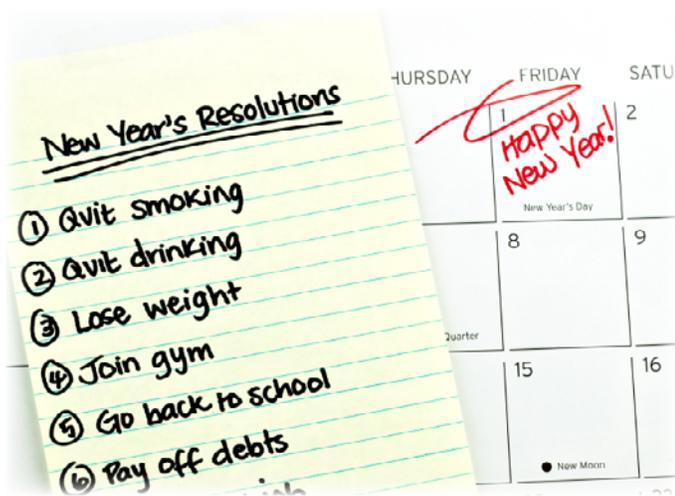


Think You Can't Keep a New Year's Resolution? Think Again!



2013 is almost here. It's a great time to plan, prioritize and get a fresh start on your goals and dreams. Author and psychologist Richard Wiseman notes that in a recent study, 52% of resolution-makers were confident they'd achieve their goals, but only 12% succeeded. What was the secret of that 12%?

Those who took meaningful steps to achieve their resolutions — setting step-by-step goals or telling their friends and family, for example — were far more likely to achieve their objectives than those who made no specific commitments. Read on for six practical tools for making realistic, attainable resolutions — and then work your plan!

1. Get Specific

A common mistake people make is setting undefined goals like, "I'll be healthier." Instead, make your resolution specific, with a real, achievable outcome.

2. Write it Down

Write down your goals and outline the small, manageable steps you'll need to take in order to achieve them. If you set a big goal without a step-by-step plan, it can be overwhelming and trigger frustration that gets in the way of your success. But by planning and accomplishing one small thing at a time, you'll stay on track, focused and positive.

3. Make the Time

Be sure to make time for yourself to achieve your goals. If you really want to write that book, set aside time each week to write and track your progress monthly. If you want to exercise more, add it to your weekly schedule, too.

4. Move Past Doubt

Keep tabs on how often you "unset" your goals with your thoughts. Pay attention to self-sabotaging mind chatter like "I'm not good enough" or "I can't do it." Every thought you have is an intention. It's normal to feel fear, doubt or worry — but to make progress, it's important to move past those negative feelings.

5. Get a Partner — Get Support

Having a group, partner, friend or professional to encourage you can be a great way to keep you going. Try finding a friend who has a similar resolution, and check in with each other every week to talk about your progress and challenges. Or ask a family member or significant other to keep you accountable — just make sure they're supportive and positive.

You can also seek professional help, whether that's a personal trainer to help you meet your fitness goals or a counselor who can help you tackle larger, looming issues such as low self-confidence or a lack of direction.

6. Get Some "You"-Time

You're more likely to slip on your goals when you're stressed or overwhelmed, so try to spend some time reconnecting with yourself. You can try breathing exercises, prayer, meditation, yoga or just going for a walk. Taking mental breathers will clear your head and set you up for success.

Setting and reaching goals isn't about willpower; it's about the power of your intentions. Success breeds success. Reaching even a small goal, like losing three pounds, will fuel your motivation. You'll find yourself tackling larger challenges. With practice and perseverance, you can achieve more than you ever dreamed.



Are You Ready to Kick the Habit?

Health concerns usually top the list of reasons people give for quitting smoking. This is a very real concern: smoking harms nearly every organ of the body. Tobacco use remains the single largest preventable cause of disease and premature death in the U.S. Coming to terms with your level of dependence on nicotine can be a first step in stopping smoking. [Click here to take a quiz to find out more about your smoking patterns.](#)

Quitting smoking has major and immediate health benefits for men and women of all ages. These benefits apply to people who already have smoking-related diseases and those who don't. Not smoking lowers the risk of lung cancer, other cancers, heart attack, stroke and chronic lung disease. The health benefits of quitting are far greater than any risks from the small weight gain (usually less than 10 pounds) or any emotional or psychological problems that may follow quitting. Kicking the tobacco habit lowers the risk of diabetes, lets blood vessels work better and helps the heart and lungs.

If you stop smoking while you are younger, you'll reduce your health risks more, but quitting at any age can give back years of life that would be lost by continuing to smoke. You will enjoy a higher quality of life and have fewer illnesses like colds and the flu, as well as lowering your chances of getting bronchitis and pneumonia. When you don't smoke, food is tastier, and your sense of smell is better than that of a smoker. Quitting also helps stop the damaging effects of tobacco on how you look, including premature wrinkling of your skin and gum disease.

The American Cancer Society states that utilizing two or more support sources, like smoking cessation groups, online quit groups, nicotine replacement products or encouragement from family and friends, is more effective in helping a smoker quit than if you try to do it alone.

HealthSmart has a 12-week Smoking Cessation Program to help you quit. [Click here to learn more!](#)



Recipe: Creamy Chocolate Cheesecake with Sliced Strawberries



Ingredients

- 1 cup nonfat plain yogurt
- 4 ounces low-fat cream cheese
- ¼ cup part-skim ricotta cheese
- ¼ cup maple syrup
- 3½ tablespoons cocoa powder
- 2 large egg whites
- 2 teaspoons ground cinnamon
- 2 teaspoons strong coffee
- ½ pint strawberries
- Nonfat cooking spray

Directions

- Preheat oven to 350°.
- Coat an 8 x 8-inch pan with nonfat cooking spray.
- Puree in blender the yogurt, cream cheese, ricotta cheese, maple syrup, cocoa, egg whites, cinnamon, and coffee. Pour in pan.
- Bake cake for 50 minutes or until done.
- Let cool and decorate with slices of strawberries.

Nutritional Information per serving (Makes eight servings)

113 calories | 6.5 g protein | 37 g carbohydrates | 1 g fiber | 2.7 g fat | 32 mg sodium