

A New Year — A New Opportunity!

There is something special about the New Year; it's a fresh start, and an opportunity to re-set our goals and personal aspirations. What goals(s) did you set for yourself this New Year? How are you doing with your resolutions?

Studies show it takes about three weeks to start forming a new, healthy habit and six to eight weeks for that habit to become routine. Behavioral science also tells us the power of writing down our goals. The act of recording our goals creates a stronger commitment to seeing them through. It's a pledge to oneself!

Why does a New Year Resolution matter to me as a health care professional? Simple — if we are going to ask our patients to set personal health goals, we can better appreciate their perspective and challenges by understanding our own commitments for positive change. It is a way of walking in our patients' shoes.

Five Tips for Personal Goal

- 1) “Own it!”** Set goals that matter to you. Not to others. Your personal motivation trumps what friends, family and co-workers say you should be doing.
- 2) “Less is More”** Do not set too many goals. Set no more than three resolutions. In fact, some people set a single goal and stay focused on just that objective.
- 3) “Be specific”** Vagueness will dilute your focus just as boldness will make your goal too far of a reach. Make your resolutions specific and attainable. What specifically will you do differently, when, where and how? Goals are more attainable if you keep them short-term, say six to eight weeks in length.
- 4) “Power of the Pen”** The simple act of recording your goal in writing increases the likelihood you will accomplish your goal. Keep your written goal visible, somewhere easy for you to review each day.
- 5) “Partner up!”** Don't go at your goal alone. Share your resolution with someone who can keep you motivated each day. Think of each other as commitment partners. If you fall off the resolution wagon – you're not alone. Do not feel as though you failed yourself. Simply, re-start the resolution clock or make adjustments and move forward.

All the Best from Your Partners in Patient Engagement

Contact Us

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