



# A New Year to Focus on Health

The New Year is a great time to renew focus on taking better care of ourselves. Instead of creating lofty goals, start small. Tiny aspirations are less overwhelming, less stressful and take less time to accomplish. Try some of these ideas adapted from “Tiny Habits,” by BJ Fogg, PhD.

## Healthy Habits That Stick



**1.** Write down one challenging goal you tried to accomplish in the past but couldn't reach. For example: *I will lose 25 pounds in the next 3 months.*



**2.** Ask yourself: Why was this hard to accomplish? Did it require too much time, money, mental or physical effort? Did it work with your daily routine?



**3.** For each reason listed in Step 2, ask yourself how you could make this habit easier to do. For example, *I will focus on healthy snacks this week. I will take the stairs instead of the elevator. I will walk 20 minutes a day.*



**4.** Once you have made a list of easy things you can do to help you meet your goal, choose your top 3 ideas.



**5.** Imagine success! Picture yourself doing the activities you listed and reaching your goal.



## Team Challenge!

Set a team “Thrive” goal for 2024 to help everyone feel empowered to prioritize their health. Even, better, make it a **SMARTIE** goal to emphasize inclusion and equity.

Here are some ideas:

- » Commit to weekly team walks or [Instant Recess](#) breaks.
- » Offer healthy food at team meetings.
- » Initiate Thrive Thursdays when team members can dress in active wear and incorporate physical activities in the day.
- » Participate in the [Go KP](#) Wellness Challenge as a team.
- » Start huddles with a mindful moment.