



How to make your New Year's resolution stick

Most of us will make a New Year's resolution to lose weight, quit smoking or drink less, but only one in 10 of us will achieve our goal.

Despite our best intentions and initial burst of enthusiasm, too often, old habits die hard. Motivation wanes after a week or two and before long we have slipped back into our old ways.

Why is it so difficult to achieve these goals?

When it comes to big, bold and brave transformations, we are often fighting against a lifetime of ingrained behaviours that conspire against us. We tend to underestimate how difficult the process of change can be. So we are not ready to do the hard work that is needed and therefore, are not as ready to change as we thought.

Goal setting tips

1. Make only one resolution. Your chances of success are greater when you channel energy into changing just one aspect of your behaviour.
2. Do not wait until New Year's Eve to think about your resolution. Instead take some time out a few days before and reflect upon what you really want to achieve.
3. Break your goal into a series of small, achievable sub – goals that are concrete, measurable and time – based.
4. Tell your friends and family about your goals. You are more likely to get support and want to avoid failure.
5. Regularly remind yourself of the benefits associated with achieving your goals by creating a checklist of how life would be better once you reach your goal.
6. Give yourself a small reward when you achieve a sub-goal to assist with maintaining motivation and a sense of progress.
7. Make your plans and progress concrete by keeping a journal, completing a computer spreadsheet or covering a notice board with graphs and pictures.
8. Expect to revert back to old habits from time to time. Treat any failure as a temporary setback rather than a reason to throw in the towel and give up all together.



“A goal without a plan is just a wish”
– Antoine de Saint-Exupery

Feel like cancelling Christmas?

The Christmas season is meant to be a time of joy and happiness, but for many people it can be a time of stress, anxiety, disappointment and loneliness.

In the lead up to Christmas life can be busy; at work, at home, in every area of your life. It can be relentless and exhausting.

So now that Christmas is nearly upon us, it can be stressful if we view it that way.

Here are some tips to assist with surviving the hustle and bustle of the silly season:

- ▶ Realize you cannot do everything
- ▶ Be of good cheer, not frazzled or frantic
- ▶ Recognise your expectations of yourself may be too high
- ▶ Work from a list
- ▶ Designate a place for all gifts to be stored (so they are not misplaced)
- ▶ Accept only social invites you want to attend
- ▶ Remember your budget
- ▶ Start early – use those lists and plan early
- ▶ Remember to stay healthy – eat well, exercise and get enough sleep



Reinventing a Christmas favourite Trifle

Serves 4

Ingredients:

- ▶ 400ml freshly squeezed orange juice or alternative such as berry, peach or cranberry
- ▶ 100ml water
- ▶ 1 tbsp. honey
- ▶ 1 ¼ tbsp. gelatine
- ▶ 2 ripe peaches or 1 mango, sliced
- ▶ 250g strawberries, sliced
- ▶ 250g organic natural or vanilla yoghurt

Berry sauce

- ▶ 250g fresh strawberries
- ▶ 1 tsp vanilla
- ▶ 2 fresh pitted dates

Method:

First make your jelly by combining water, honey and gelatine into a small pot and stir over a low heat without boiling until the gelatine dissolves. Pour and stir through freshly squeezed orange juice. Pour into a ceramic or glass dish and place in the fridge until set.

Make the berry sauce by combining all the ingredients into a high-speed blender and blending until smooth.

To assemble the trifles, layer the sliced strawberries and mango with the yoghurt, berry sauce and jelly.

Allow to chill in the fridge before serving and enjoy.



Lvl 3 170 Railway Parade,
West Leederville WA 6007

 (08) 9483 8888  lgiswa.com.au

The information provided in this newsletter is general guidance only and should not be relied on as a substitute for professional advice. No liability will be accepted for losses resulting to any reader relying solely on this publication. No part of this newsletter may be reproduced without permission from LGIS.

Renee Rohde is a specialist health and wellbeing professional and Program Manager at LGIS.

Contact Renee on 9483 8888 for more information regarding these programs.