Have you started thinking about a New Year’s resolution for 2013? Setting a resolution that you can achieve will help you gain some control, increase confidence, and reduce stress.

But have you ever set a resolution and not stuck with it? If so, you’re not alone! Sometimes resolutions fail because we don’t set ourselves up to succeed by setting clear and attainable goals.

This year, resolve to set resolutions you can achieve, by following these tips:

**Define the dream.** Create the “big picture” vision of your goal, and then break it down into smaller and smaller steps. Ask yourself, “What habits do I want to create to achieve my big picture goals, and what habits do I need to let go of?”

**Decide to succeed.** If you set a goal, either decide you’re going to do it, or don’t set it.

**Check your confidence level.** If it’s less than 70 percent, ask yourself, “What would make me 80 percent confident that I could achieve this?” Look for different action steps you can confidently take to move toward your goal.

**Discover the driving force** behind this resolution. Ask yourself, “Why does it matter if I reach this goal?”

**Write down your goal** and the steps you are taking to achieve success. Look at your goal and read it out loud every day. Post it in a place you will see it daily. Write it with a positive tone.

**Set SMART goals.** When you set a goal, check to see if it is SMART:

- **Specific:** Is this specific?
- **Measurable:** How will I know I completed it?
- **Action based:** What action steps will I be taking?
- **Realistic:** Is this realistic?
- **Time lined:** When will I do this?

Focus on what you want, not what you don’t want. Set your goal around the behavior you are going to do, not what you aren’t going to do.

**Plan ahead.** Ask yourself, “What might get in the way of me reaching this goal? How can I overcome these obstacles?”

**Get support.** Whether it’s a trainer, friend, family member, or coworker, set up a support system. Be sure your support system is positive and motivating.

These tips will give you a great start on setting goals that will be successful, increase your confidence, and lead to lasting change.
Five Ways to Enjoy the Holidays — and Your Health!

The holidays can be a challenging time if you live with diabetes. Monitoring your blood sugar, eating healthy foods, exercising, and controlling stress levels are all part of your daily life. Take some time this year to reflect on how hard you’ve worked to keep yourself moving forward in a positive direction.

Here are some helpful tips to enjoy the holidays while still caring for your health:

1. Bring healthy snacks or make a diabetes-friendly dish for parties. Then relax and enjoy the festivities.
2. If you drink alcohol, the recommended limit is one drink for women and two for men. Drinking alcohol can cause either low or high blood sugar levels. Understand the amount of carbohydrates in mixed drinks. Always eat something to prevent low blood glucose.
3. Be sure to add some extra exercise into your daily routine. If you’re stopping by the mall for some last minute shopping, park at the end of the lot and walk.
4. Plan holiday activities that don’t center on eating. Get together with family or friends and play board games, or take a walk around your neighborhood and admire holiday decorations.
5. Testing your blood sugar before activities or parties helps you plan better for eating.

Putting off getting your flu shot? It’s not too late!

According to the Centers for Disease Control and Prevention (CDC), flu season can begin as early as October and last well into May. Flu activity usually peaks in January, February, or later.

While the CDC recommends everyone over six months of age have a seasonal flu vaccination, it’s especially important for people with COPD, asthma, cardiovascular disease, and diabetes.

Note that it takes about two weeks after vaccination for antibodies to develop in the body and provide protection against the flu.

For more information, visit CDC.gov/flu.

Flu benefit information is available at PacificSource.com/flu.