

Fun Fact of the Week

Are You Going to Stick with It or Fail? Why Saturday is Critical to New Year's Resolutions*

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It seems it's only a matter of time before your New Year's resolution fails, but that time may be coming sooner than you think — like Saturday. It seems January 12 is D-Day for New Year's resolutions — the day most people give up on good intentions and fall back into old habits.

Strava, the social network for athletes, looked at more than 31.5 million online entries and found that day is when most people bail out on their resolutions. And, according to research by the University of Scranton, only 8 percent of people meet their New Year's goals, with the willpower of 80 percent failing.



Whether it be swearing off junk food, promising to watch finances or aiming to spend more time with the kids — here are some ways to keep those 2019 resolutions going.

Set small goals

Don't make too many changes at once. Make specific goals that you feel you can achieve. Write them down and cross them off as you are successful. Then set the next one.

Think about why you want to make the change

Come up with three good reasons why you've made your resolution. Write them down. Then read or remember these motivators when you feel like giving up.

Remember, you're only human

Changing behavior is a learned skill. Don't get down on yourself if you fail to follow through one day. Pick yourself up and start again the next day. Don't let one failure derail your goals entirely.

Ask for help

Look for support from those around you. Tell your friends and family about your small, achievable goals and enlist their assistance and encouragement. Remember to tell them about your successes too.

Find a buddy

Ask a friend or acquaintance to join in your resolution with you. Set up times to meet to carry out your goals. Pat each other on the back for a job well-done.

Avoid triggers

You may need to change your environment to accomplish your objectives. Get the junk food out of the house. Join a gym. Put the alarm clock across the room. Make the adjustments necessary to carry out your resolutions.

Celebrate your victories

Reward yourself proactively when you have accomplished your mission. Just don't sabotage yourself by eating candy if your goal is to lose weight or by buying a new pair of shoes if you want to keep credit card debt down. A positive reinforcement is best — maybe a soak in the tub or burning a fragrant candle.

If you absolutely need a restart

Try doing it on a day of significance or psychological importance — maybe your birthday, anniversary or the date you got your pay raise. It could improve your chances of success.