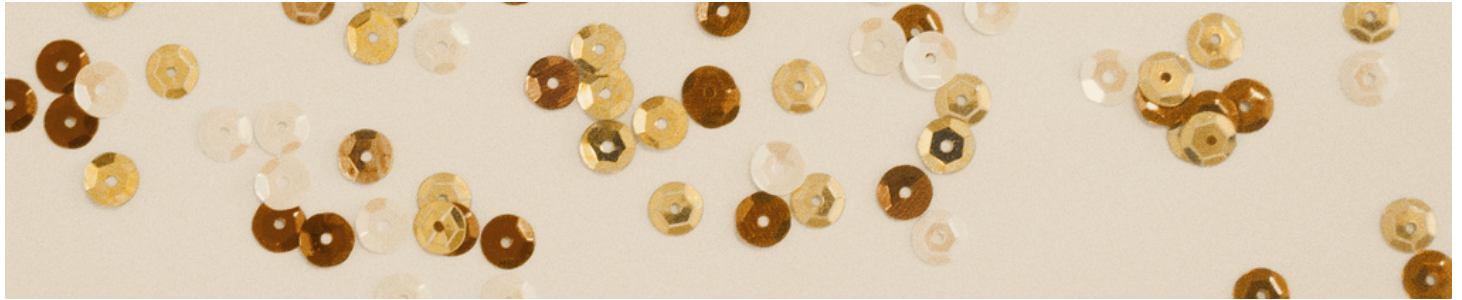


# NEW YEAR, NEW ME! HOW TO ACHIEVE YOUR GOALS IN 2024



## 2024 is here! This brings new opportunities and new year resolutions!

Though new year resolutions can be a great way to kick start 2024, they can also be difficult to continue throughout the year. Here are some ways to achieve YOUR goals in 2024!

### Tip #1: Set Realistic Goals

Creating realistic goals will allow you to see progress and see the results of your hardwork sooner than later! Also, try breaking your goals into short term & long term! Each step is progress!

### Tip #2: Establish a Routine

As humans, we are creatures of habit! Consistency is KEY for achieving your goals. By creating a routine, whether it is daily, weekly, etc., you are priming yourself to know what to expect and can optimize time for achieving your desired goal.

### Tip #3: Learn to Say “No”

It's okay to decline invitations or additional responsibilities if it adds too much stress to your life. Understand your limits, so you don't over fill your plate!

### Tip #4: Track Your Progress

It can be defeating when you are working towards a goal, but feel like you are not seeing any progress. Tracking your goal can help you stay motivated and see progress! Here are some examples of tracking progress:

- Write each goal on a post-it note. Once that goal is completed, throw the note away!
- Create a chart with each goal, as you complete it, cross off the goal!
- Create vision / prayer board to visualize you achieving your goals!

### Tip #5: Learn from your Setbacks

As humans, we all experience the highs and lows of life. Setbacks are bound to happen at some point. However, reflecting on the setback can actually be a learning opportunity for the future! Use your setbacks as motivation and knowledge to achieve your future goals.

### Tip #6: Celebrate Little Victories!

Each little step towards your goal is worth celebrating. Celebrate the little victories! Each step is worth a mile!

### Tip #7: Seek out Professional Help

If your goals involve significant mental health challenges, consider seeking guidance from a mental health professional. They can provide personalized strategies, coping mechanisms, and support tailored to your unique needs.

*Wishing you a Happy  
New Year from Luzio &  
Associates!*

Follow us on Facebook for more information on mental health topics.

If you are struggling with life stressors that are more than you can handle alone, seek help. Talk to a friend or someone you trust. Call our office or another mental health provider to set an appointment. Do you want you need to do to take care of yourself. You don't have to do this alone.