

Keep 2016 Looking Bright

Keep up with those 2016 goals!



New Year, New You

Have you made your resolutions for 2016? If not, here are some amazing ideas to get the ball rolling. If you have, check this list and make sure that your goals are on-track!

Make sure your goals are SMART:

If you plan to set goals, make sure they are SMART goals: Specific, Measurable, Attainable, Realistic and has a Time frame. Add as many intermediate action steps to your goal plan as possible. A written goal with these elements puts your brain to work faster than if you merely have the thoughts in your mind. A few minutes each day taking action on your goals can put you farther ahead in attaining them as opposed to spending hours periodically. There are many goal setting resources on the internet to help you with the goal setting, planning and completion process.

Make your goals VISUAL:

Create a vision board with pictures and words of your goals. Put a frame around, which can be as simple as painter's tape, to give your brain parameters on which to focus. Spending a few minutes a day concentrating intently on the images and words, 2-3 minutes in the morning and at night can be very effective. As you attain your goals, put your completed goals in a binder with the date you accomplished them. This will give you momentum to complete your goals faster. Again, there are many resources on the internet on vision boards, but one I like is 3KeyElements.com.

Check your CREDIT REPORT:

Even more important than knowing your credit score, which is often provided for free by credit card companies, is knowing that your credit history is secure and accurate. Incorrect information and fraudulent activity can affect your credit standing greatly. Annualcreditreport.com is the official site to get your free annual credit report for the three credit reporting bureaus, Equifax, TransUnion, and Experian. If you stagger pulling your report throughout the year it will help keep a monitor on your credit. Consider getting your report in January, one at tax time and one in the fall.

Make some positive HEALTH changes:

You can find useful tips and tools for healthy activity and food choices on ChooseMyPlate.gov. Consider shopping more on the perimeter of the grocery store where you can find healthier choices such as fruit and vegetable produce and dairy and meats. Choose lean dairy and meats. Choose more whole grain products. Making your changes gradually is more effective than trying to do too much and giving up.

Monitor your ACTIVITY level:

Get a good device to track your activity level. If you are tracking steps, 7,500 – 10,000 is considered active, with 10,000 being the better goal of the range. Start where you are and add steps gradually till you reach your goal. Smart phones often have activity tracking options and there are many apps to help with tracking your activity and food intake. Be sure to check with a doctor before beginning an exercise program.

Strengthen your family RELATIONSHIPS:

Eating dinner together is a great way to increase family togetherness. The benefits of eating together are better communication, better nutrition and better well-being. Eating dinner around the table has greater benefits than watching TV while eating.

Make a PLAN:

If you have a business or plan to start a business, make sure you have a plan and the know how to run a successful business. Be sure you have thought everything through before starting a business. Many small businesses end within the first two years after having put a lot of time and resources into it. There are many business planning tools available through SBA.gov and SBDC.gov. Watch for the Garfield County Business Conference in March, which is open to everyone to attend.

Use the USU Extension Office as a RESOURCE:

Check your local County Utah State University Extension Offices for classes, resources and information on these and other topics. Or check the state USU Extension website extension.usu.edu for additional information, fact sheets and articles.

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