

20
26



Realistic New Year's Resolutions & Habit-Building Guide

New Year's resolutions fail when they're built on motivation alone. This guide focuses on creating small, realistic habits that quietly become part of your routine—without burnout, guilt, or all-or-nothing thinking.



20
26

A Better Resolution Mindset

Think systems, not goals.

- Goal: “Lose 10 pounds”
- System: “Walk 20 minutes after dinner most nights”
-

Focus on identity.

Instead of what you want to do, decide who you want to be.

- “I’m someone who moves daily.”
- “I’m someone who plans ahead.”

Small actions done consistently reinforce identity—and identity drives sustainable behavior.



20
26

Why Resolutions Might Not Stick

- Too big, too fast
- Rely on willpower instead of structure
- No plan for busy or imperfect days
- All-or-nothing mindset

The fix: shrink the habit and attach it to real life.



20
26

The Habit Formula That Works

Cue → Action → Reward

1. Cue: When will it happen?
2. Action: What is the smallest version?
3. Reward: Why does my brain want to repeat it?

Example:

- Cue: After brushing my teeth at night
- Action: Stretch for 3 minutes
- Reward: I feel calmer and sleep better



20
26

Start Small

If it feels too easy, you're doing it right.

Instead of:

- "Work out 5 days a week"

Try:

- "Put on workout clothes every morning"
- "Do 5 minutes of movement"

Once the habit exists, you can build on it.



20
26

Habit Stacking: Attach to What You Already Do

Pair a new habit with an existing routine.

Examples:

- After pouring morning coffee → take vitamins
- After dropping kids at school → walk 10 minutes
- After dinner → prep tomorrow's lunch
- After getting into bed → read 2 pages

No extra decision-making required.



20
26

Make It Visible & Obvious

Habits stick when the environment supports them.

- Keep workout shoes by the door
- Put fruit at eye level
- Charge your phone outside the bedroom
- Leave your journal on the nightstand

Design your space so the right choice is the easy choice.



20
26

Plan for “Bad” Days

Missing once is normal. Missing twice is how habits disappear.

Create a minimum standard:

- Walk: 5 minutes
- Strength: 1 set
- Nutrition: add one vegetable
- Sleep: lights off 15 minutes earlier
-

Consistency beats intensity.



20
26

Track Progress (Without Obsession)

You don't need perfect data—just proof you showed up.

Simple options:

- Checkmark on a calendar
- Notes app tally
- Habit tracker app

Focus on streaks, not outcomes.



20
26

Monthly Reset Instead of Yearly Pressure

Instead of one massive resolution:

- Pick 1–2 habits per month
- Reflect monthly: What worked? What didn't?
How am I feeling?
- Adjust without judgment

Change happens faster when you stop quitting.



20
26

Examples of Realistic Resolutions

- Move your body 10 minutes most days
- Eat protein at breakfast
- Go to bed 20 minutes earlier
- Drink a full glass of water upon waking
- Plan the week every Sunday

Boring habits build extraordinary results.



20
26



Final Thought

The goal of New Year's resolutions isn't a new version of you—it's a more supported version of you. Build habits that fit your real life, repeat them often, and let time do the rest!

