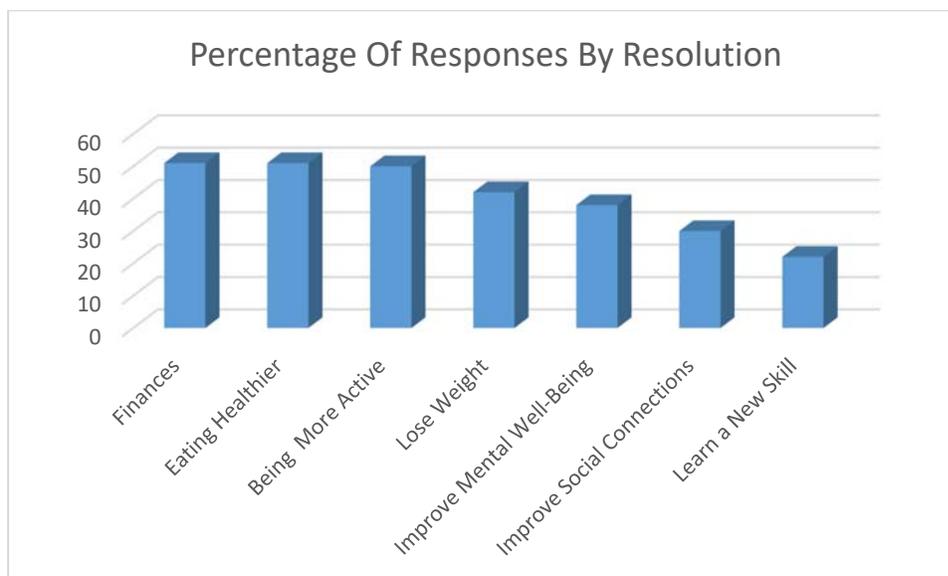


The Daily Union
Saturday, December 28, 2019
Title: Making Changes in the New Year

As we say goodbye to the days of 2019 and look ahead to 2020, we are each given the opportunity to celebrate our achievements and recognize our opportunities. Perhaps you finished a college degree, moved into a different home, celebrated the birth of a child or grandchild, retired from a fulfilling career, or beat cancer...again. These achievements are worth celebrating as you ring in the new year!

For many others, 2019 might have been a tougher year to cope with and you find yourself looking to 2020 with hopeful anticipation of a better year. The New Year offers opportunities to turn over a new leaf, strike out on a different path, or make a fresh start.

Thirty-eight percent of Americans intend on making New Year's resolutions for 2020, according to the Ipsos 2020 New Year's Resolution study. Of those making resolutions, over half will be financial or health related. **See the insert for the top seven reported resolutions from the Ipsos 2020 New Year's Resolution study.** Ipsos is an international marketing research firm.



Data Source: <https://www.ipsos.com/en-us/news-polls/urban-plates-ipsos-NY-Resolutions>

How do you start the New Year with positive change? My colleagues at Michigan State University Extension's Health and Nutrition Institute offers a short list to work from:

1. **Choose a few things you'd like to change, less than five is ideal.** The more things you try to change in a small time frame the less likely you are to keep moving forward with your new behaviors.
2. **Make your resolutions with a smart brain.** Smart brain meaning setting goals that are logical, maintainable, and realistic. If you're thinking about results to last a lifetime, it needs to be in one of those three categories.
3. **Try a new resolution that you haven't tried in the past.** If you had great idea in previous years and you didn't succeed, don't try it again the same way. We do what is comfortable and habitual; reprogram your thinking with a new resolution.
4. **Work in small time blocks.** Keep yourself focused on getting your new behavior completed in a week, then build to two weeks and so on. This way you can see the small steps are moving to a larger timeframe.
5. **Make sure you're willing to pay the price to achieve what you want to achieve.** Many times we want to try something new and to move toward a desirable goal to make ourselves a better person in some way. Changing behaviors may come with a price and if you're not willing to pay the price to change, there is little chance you will follow your plan for a lifetime.

Geary County K-State Research and Extension offers many programs, bulletins, and newsletters that can help you gain traction toward behavior change. Experts from Kansas State University's Research & Extension make it possible to bring communities together and to educate citizens on a healthy lifestyle for a positive behavior change. Whether it is Walk Kansas, Medicare Basics, Strengthening Families, Nutrition Education with SNAP-Ed, Personal Finance, or other Essential Living Skills, our agency is equipped to help you with a variety of areas for personal change. Check out the FCS Connection letter on our website at: <https://www.geary.k-state.edu/health-home-family/fcs-connection-newsletter/2019.html>.

Try something new! If you want to strike out on a different path for 2020, start today with reliable, research-proven strategies that can help you achieve your goals in the coming year, as well. Wishing you the best life has to offer in 2020 and beyond.

I too, am striking out on a different path for 2020. One of my goals for the upcoming year is to sharpen my skills with digital communication. For that reason, I am taking an extended break from my weekly newspaper articles. Although the change in routine may be difficult, I plan to use the tips in this article to help see me through for a successful outcome in 2020.

Feel free to call me at the Geary County K-State Research and Extension office for your questions about family, finances, food, and fun or check out our website at the address provided above. Until next time, keep living resourcefully!