



Rosario Counseling

&

Associates

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If you or someone you know is struggling this holiday season, one of our experienced therapists can help. Please call (919) 649-5882 for more information.



## Revolutionizing the New Year's Resolution

Every year, we fall into the same trap. We set New Year's resolutions, set ridiculously high expectations, and then feel ashamed and depressed when we realize that we have failed to meet our goal. Many people set themselves up for failure by naming goals that are unrealistic or out of their control. There are a few steps to successful goal-setting; following these steps will help to ensure progress and continued motivation in reaching the ultimate objective.



- ◇ Identify the main goal, and then break it down into smaller, manageable steps.
- ◇ Keep the goal something that is within your control.
- ◇ Have a measurable outcome (i.e. number of pounds lost, amount of money saved, etc.).
- ◇ Be flexible and willing to adjust your goal if necessary.

A new year is a great time to re-evaluate where your life is headed and what you would like to achieve. Having a set plan of action will help you to feel more successful and in control of achieving these new objectives.

If you find yourself feeling unsatisfied with your life and not sure how to change, please contact our office. Our experienced therapists are here to help.



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