



ChallengeME MONTHLY MINUTE

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Monthly topic:

Pledges to Improve Health

HOW TO CHOOSE A NEW YEAR'S RESOLUTION

Brainstorm about changes and improvements you'd like to make. These can be about anything, not just the big ones like quitting smoking and losing weight that many people associate with New Year's resolutions.

Try jotting down some notes while considering the following:

1. Consider how you can improve your health. Ask yourself: Can I drink more water? Quit or reduce smoking? Stop eating fast food or fried food? Become vegetarian? Exercise more? Quit caffeine or alcohol?
2. Consider your relationships with others. Are there ways you can be a better spouse, parent, family member, or friend? Will you make a commitment to reconnect with old friends or distant family?
3. Consider your work life. Ask yourself: Can I be more successful and happier at work? Could I be more organized? How could I stop procrastinating?

4. Consider ways to make a difference. Are there ways you could make a difference in the world through activism, awareness raising, or promoting a cause? Could you volunteer more or donate more? Could you start a charity or fundraising effort?

Remember to choose something that you really want to do and can easily set realistic goals in order to achieve.

How to Accomplish Your Resolutions

Consider these twelve steps when tackling your New Year's resolutions.

1. Choose one or two attainable larger goals. Determine what items are most important to you. Don't take too long choosing; often it's the things that leap out at you right away that have the most meaning for you personally.
2. Create "systems." Systems are the ways that you can carry out a larger goal. You need to break down large goals into smaller actions that are easier to carry out. If you leave larger goals too vague, you may get confused and change your mind frequently on the ways to accomplish them.
3. Talk to others about your goals. Discuss your goals and why you made them with your family and friends. Ask for others' support on these goals throughout the year.
4. Print out a copy of your resolutions and post it where you can see it daily.
5. Set a date and start following your plan.
6. Create an accountability system.
7. Write down your daily goals each week and stick to them.
8. Focus on the process rather than the end goal.
9. Create an environment for yourself to accomplish and maintain your goal. Distance yourself from distractors and bad influences. Giving up candy? Start by cleaning out your candy stash.
10. Reward yourself for meeting small goals.
11. If you slip, just pick it back up the next day. Don't give up because of one or two bad days.
12. Ask for help.

52 Week Money Challenge

The 52 Week Money Challenge is an incremental savings plan that will help you save money throughout the year. The concept is simple: start the year off by saving \$1 the first week, \$2 the second week, \$3 the third, and so on. On week 52, you'll put away \$52. At this point you'll have saved **\$1378!**

Don't want to be saving \$50/week in December? Try starting from the bottom! Start by saving \$52 the first week of January, \$51 the second week and so on! Can't keep track by yourself? Try a banking app like Qapital, which has a 52 Week Money Challenge option built in!

This Month

- 1st: New Year's Day
- 1-31: Make a Contract With Yourself
- 7-11: Sunday River Children's Festival - Kids ski free
- 9th: 2019 Law Enforcement Appreciation 5&10k, Augusta
- 15-17: 78th Agricultural Trades Show, Augusta
- 19th: Winterkids Welcome to Winter Festival, Portland
Mt Abram Maine Telemark Festival
- 21st: Martin Luther King Jr. Day
Bradbury Squall, Bradbury Mt. Snowshoe Series, Pownal
- 22-25: Maine Week @ Sugarloaf - Discounted lift tickets for Maine Residents



\$89 for full day lift ticket & coach bus ride to major ski resorts from Portland!
Check out the schedule and get more details at: maineskishuttle.com

Coming Up February: Heart Health Month

Comments, questions, ideas, or submissions?
Please email: kara.a.aguilar@maine.gov