

Understanding New Year's resolutions and the power of a fresh start



New Year's resolutions are a popular way to mark the start of a new year. In fact, it is reported that 2 in 5 Americans made a New Year's resolution for 2021. But have you ever stopped to wonder why? What is it about the new year that makes it easier to think about changing our habits?

The power of a fresh start

New Year's resolutions are powerful because they give us the chance to have a fresh start. This is what Katy Milkman's research suggests in her book, *How to Change: The Science of Getting from Where You Are to Where You Want to Be*. Milkman writes: **"If you want to change your behavior, you're at a huge advantage if you begin with a blank slate—a fresh start—and no old habits working against you."**

Each new year offers us the chance to start over because, as people, we tend to think about our lives in chapters. This means we may think of our life in terms of our "high school years," our "college years" or as the years we worked in a certain job or lived in a certain place.

Each new year offers us an opportunity to turn the page. It gives us a chance to start a new chapter in our lives. We get to leave past habits behind us. If you've been thinking about eating better, being more active or saving money, the new year might be the perfect time to leave your old habits in the past.

Make your own fresh start

If you don't feel like making New Year's resolutions this year, no problem. The great news about a fresh start is that you can decide to have one at any time. Every day gives us the opportunity for a fresh start if you believe that it does.

Here are other moments you can use to start fresh:



Monday morning



After a move to a new home or city



The first day of a new month



Following the start of a new job



The beginning of a new season, like spring or summer



After a major health event, like a surgery or important doctor's appointment

Remember, a fresh start is just the beginning

A fresh start can be a powerful way to begin a new habit. But don't forget that meeting goals takes time. A fresh start is just the beginning. To stick with your goals, you'll need support from family and friends, a routine that helps you succeed and confidence in yourself that you can.

Do you need support for a healthy eating or activity goal? Talking to a health coach, trainer or dietitian can help you get the information and motivation you need.

Not a Livongo member? See if you're eligible for personalized health support at go.livongo.com/ALLSCRIPTS/new

