Skills and Techniques

• Will be relating New Year’s Resolution to Olympic Games
Reasons for NYRs

• to get a “fresh start”

• to correct or improve wrongs from previous year(s)
Key to Success

• 1ST

—MAKE SURE YOUR NYR IS RIO-LISTIC

• the common reason why many NYR’s fall short are because they are unattainable
Key to Success

2nd

OUTLINE YOUR PLAN
Key to Success

• 3rd

—PLAN AHEAD: Get a good head start

• don’t make your NYR on New Year’s Eve
Key to Success

• 4th

—STICK WITH IT

• Stay at the same pace from when you started
• Experts say that “it takes about 21 days for a behavior to become a habit and 6 months for it to become a part of your personality”
• BE PERSISTENT
Archery: How accurate are you?

- improve a relationship: 5%
- stop/reduce drinking alcohol: 5%
- improve finances: 14%
- manage stress better: 5%
- stop procrastinating: 3%
- assertion/learn to say no: 1%
- exercise: 14%
- set time aside for self: 3%
- stop/reduce smoking: 5%
- get a new job: 10%
- weight loss: 21%
- start a new hobby/activity: 3%
- healthier eating: 7%
- improve work habits: 2%
Key to Success

- 5th
  - Motivate yourself
    - Create a “pros” and “cons” list
Key to Success

• 6th

Talk about your NYR
Key to Success

- 7th