

Succeed this year by improving your goals

The key to setting good goals is making them aspirational and yet attainable at the same time — something you want to work toward, and you can honestly see yourself achieving. Choosing goals that are too big, or that requires a big overhaul of your daily routine, will only set you up for frustration and failure. It's also smart to pick a goal that can be broken down into a clear step-by-step process to conquer it. When you can take small steps, the task ahead isn't so daunting and challenges are much easier to overcome.

The very first step, though, is to figure out exactly what you want. Many people choose to focus on goals that boost their health (like resetting your sleep schedule) while others reorganize their home or commit to random acts of kindness. Here are a few potential goals that will make you feel better physically and, perhaps, mentally. Remember, even if you fall off the wagon today, tomorrow is a new day to get back on track.

1. Make time for family

In today's chaotic world, having family time isn't always easy. It can get pretty hard to coordinate schedules, especially if the family is large. Life demands that we work, attend school, nurture friendships, hobbies, etc. All of those things are extremely time-consuming and important—but so is spending time with your family. It may sound cheesy, but if you have healthy family relationships, do everything you can to maintain them. Family members can help you get through tough times and celebrate the great times. This year, try to carve out one-on-one time with loved ones.

2. Budget your money wisely too

Becoming financially secure doesn't have to be a chore; however, it does take discipline and careful planning. First, you should figure out what your financial goals are, and then take steps to achieve them. Budgeting doesn't mean you can't spend money. Budgeting is just the process of sitting down to think about what your priorities are — what you would like to spend money on and what you want to avoid spending money on — within your income limits. Like any new habit, it might be best to ease into new spending behaviors so you're able to commit to long-term changes.

3. Cut back on alcohol

There's a reason dry January and sober October are popular today. Actually, there are many reasons! Not only is drinking alcohol associated with a wide range of health risks, it also costs a lot of money. This year, consider joining the sober curious movement by cutting back on how much you drink. In the process, you might improve your mood, sleep, skin as well as your immune system. While a drink or two might help you fall asleep, alcohol disrupts your sleep cycle. The more you drink (and the more regularly you drink), the worse your sleep will be.

4. Prioritize sleep

Like eating nutritious food, drinking water, and exercising regularly, getting quality sleep is an important component of overall health. A lack of sleep can lead to an array of problems, from memory problems to immune system challenges. A good night's sleep restores the body and improves energy levels, so waking up well-rested can have a positive impact on an individual's mood. Quality sleep also promotes cardiac health. Sleep impacts the body's relationship with the hormone insulin, which helps blood sugar, or glucose, enter the body's cells. The cells then use glucose as energy. Sleeping seven hours or more each night helps ensure blood sugar is regulated in the body.

Check with your Doctor of Chiropractic for more recommendations to improve the quality of your life!



*This healthy living information is provided by
your Doctor of Chiropractic and the
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