Welcome 2019! 100 Tips to Reach Your Goals

Most of us see the beginning of a new year as a way to start new habits. Common goals are to lose weight, exercise more, spend time with friends and family, save money and meditate. Unfortunately, for most of us, our good intentions never make it to lasting behavior change. The best way to succeed is to make small, distinct changes and build on them. This issue is full of small changes. Pick one or two to work on and then build on them. Soon you will be reaching your larger goals. Make 2019 the best yet!
Physical Tips

Set goals for the year in areas of nutrition, exercise, meditation and fun

1. Set aside time to map out your meals and plan your grocery list
2. Watch Wespath Deskercise videos
3. Add berries to salad, smoothies, cereal. Berries help with cholesterol and other conditions
4. Keep a pair of comfortable shoes to walk in at work
5. Laughter is good medicine—a 10- to 15-minute belly laugh might burn anywhere from 10 to 40 calories.*
6. When chopping vegetables for a meal, chop more than you need and freeze for future meals
7. Prep vegetables (cut and present) to make them easy to grab and go
8. Don’t skip it. Activity—some—is better than none
9. Shredded cabbage adds color and Vitamins K and C to salads and sandwiches
10. When ordering out, ask for an extra side of veggies
11. Try new things in season—they taste better and are less expensive
12. Find recipes online at whatscoking.fns.usda.gov
13. Use a grocery program like NutriSavings to shop healthier
14. Perform calisthenics or march in place during TV commercial breaks
15. Do your body a favor and always check the nutrition facts
16. Combine food groups for flavor: think apples and peanut butter or grapes and cheese
17. Make your bed—it takes two minutes and you’ve already accomplished something for your day
18. Focus on whole fruits rather than juices or fruit-flavored items
19. Canned ain’t so bad—keeping canned vegetables on hand can help you get your 5 servings/day when life gets busy
20. Choose frozen fruit bars over chemical-laden popsicles
21. Buy bulk when favorites are on sale
22. Give lettuce wraps a try—variations include teriyaki chicken, hummus and olives, and tuna salad
23. Be physically active for at least 10 minutes several times a day for improved health. Take a quick walk whenever there’s 10 minutes to spare
24. Many egg recipes (frittata and quiche) can be made ahead of time for a quick, protein-packed meal
25. Make half your grains whole grains for maximum antioxidant power
26. Take the stairs—instead of the elevator
27. Use your smartwatch to track more than just steps
28. Host a healthy pizza night as a way to try new veggies
29. Cook with your kids. Their investment in the process will lead to trying new foods
30. Copy a kitty: Learn to do stretching exercises when you wake up. It boosts circulation and digestion, and eases back pain
31. Grow your own herbs—add flavor and avoid salt or chemical-packed marinades
32. Track what you feel when you eat
33. Don’t drink sugar—save hundreds of calories by substituting water
34. Avoid phone and TV screens before bed for more restful sleep
35. Use Greek yogurt in place of sour cream or mayo—blend with basil or chipotle peppers for added flavor
36. Eat fish for heart health—get creative with salmon patties, fish fillets and shrimp salads
37. Use your slow cooker
38. Make a one-dish meal for easy clean up
39. Set goals for the year in areas of nutrition, exercise, meditation and fun
Emotional Tips

40 Give yourself love by celebrating your success and applauding your efforts
41 Get it out! Express what’s on your mind to help you think clearer moving forward
42 Make and keep your New Years’ resolutions
43 Focus on each other at the table—Stanford University* study shows family dinners reduce high-risk behaviors in teens
   * Med.Stanford.edu
44 Focus on fewer, stronger connections that serve you well. Release those that don’t
45 Live in the moment—be mindful so that you don’t fear the future or regret the past
46 Forgive others and learn to let go—it’s good for everyone involved

47 Be open to learning new things—it keeps life exciting
48 Love one another
49 Be a river not swamp—don’t stagnate, keep the energy moving
50 Gather up pieces of a broken dream
51 Cultivate a little solitude
52 Be reliable—actions speak louder than words
53 Write a thank-you note
54 Learn to read your own emotions
55 Exercise your power of choice—choose joy and love over anger and hate
56 Clear lingering mental clutter
57 Prioritize your to-do list with only tasks you know you can accomplish in a day or week

58 Looking for deeper meanings and finding recurring patterns can help you have control over your destiny
59 Get moving to improve mood and lessen anxiety
60 Manage your time with weekly goals
61 Learn to say no. Boundaries boost emotional resiliency
62 Be fluent in what you value most, so you can call on it in challenging times

63 Be an optimist—Scientifically, optimism is suggested to protect the heart and circulation*
   * Health.Harvard.edu
64 Be thankful. Write down five things you are grateful for every day
65 Start with small changes to achieve long-term goals—Lao Tzu

Spiritual Tips

66 Fast for a period of time from something that may distract from your relationship with God—watching TV, social media, certain foods*
   * Check with your doctor before fasting totally from food, especially if you have any health conditions
67 Write strengthening scripture on Post-It Notes and place where you will see them
68 Visit a spiritual director—ask a colleague or pastor for a recommendation, or visit Spiritual Directors International at sdiworld.org

69 Memorize the lyrics to a favorite hymn or spiritual song to call to mind in stressful times
70 Gain wisdom and guidance by reading the Bible
71 Identify your blessings to focus on the positive
72 Share prayer—praying for, and with, others pays it forward
73 Take a leap of faith—it can be scary but also could lead to something wonderful
74 Turn worries over to God
75 Use your gifts faithfully

76 Spend time in nature to connect with yourself and God
77 Practice mindfulness as a way to shield yourself from distraction, negativity and more
78 Be nice to your body, respect the temple God gave you
79 Be creative. Clearing the mind is good for the soul
80 Three things will last forever—faith, hope, and love—1 Corinthians 13:13
Social Tips

Put your cell phone down when with others

81 Be active as a family: bike ride, play badminton, take walks
82 Find a friend to exercise with
83 Be reliable, responsible and reciprocal in your relationships
84 Don’t compete. Competing can turn potential friends into potential rivals
85 Be a nice human
86 Contrary to popular belief, you don’t need to be brilliant, hilarious, worldly or beautiful to succeed socially. It’s enough to be nice, kind and open
87 Grow your circle of friends to expand your support system
88 Join a club
89 Express gratitude—the simple act of giving thanks can make someone else’s day, but also yours!
90 Practice Hygge—the Danish trend of finding joy in simplicity and connecting with others
91 Put your cell phone down when with others

Financial Tips

Save as much as you can

92 Increase your retirement plan contributions for a more peaceful retirement
93 Develop professionally
94 Save as much as you can
95 Set an intention to take an honest look at your financial life and ask yourself how it might be improved. Forgive yourself for past mistakes
96 One of the best ways to save money in retirement is by staying healthy! It’s a win-win
97 Take advantage of an HSA option with your health plan. There are triple tax savings, investment opportunities and cost savings potential
98 Create a spending plan and make sure your money is going to what matters most to you
99 Review your insurance coverage for areas of financial exposure
100 Create an estate plan to ensure your wishes are carried out upon your death

Print and Share Bulletins

See this issue’s bulletins for great resources to share with your congregation. Print and stuff in weekly worship booklets or other church newsletters, use as a small group handout or forward to church groups you think could benefit from the well-being topic. We support you in your effort to create a more vital church.

Bulletin #1: Joy!

Bulletin #2: Devout Women Live Longer

Resources

A host of resources are available at wespath.org/benefits

- Wespath articles related to each of the five dimensions of well-being
- Congregational resources including UMC Health Ministry Network
- Clergy Benefits Academy
  March 11-13, 2019
- Newsletter and Bulletins found at wespath.org/benefits/newsletter
- Well-Being Toolkits

The journey to well-being lasts a lifetime. Sometimes the path is smooth and other times, there are bumps in the road and work to be done to restore balance. With patience, persistence and support from Wespath—you can do it!

Let Us Know
If you have questions or comments, please contact us anytime at: wellnesssteam@wespath.org

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