



Wellbeing tip

## Build resolutions that make a difference

The New Year is the perfect time to set goals, restore motivation and feel optimistic about the months ahead. But, as we all know, keeping those goals throughout the year isn't as easy as setting them on New Year's Day. Luckily, with these tips, you can turn your good intentions into year-round resolutions!

### Set S.M.A.R.T. goals to keep your resolutions

Why do resolutions fail? A lot of things can get in the way of our goals, but many people start off in trouble because of undefined benchmarks, uncertain methods, or unrealistic expectations.

Setting S.M.A.R.T. goals can help! They're just like regular goals, only (you guessed it) smarter! They help you meet your commitments through a technique that teaches you how to develop a proper goal, track progress, and overcome roadblocks.

### What exactly are S.M.A.R.T. goals?

- **Specific:** Know exactly what you want to accomplish. For example, "I want to hit the gym 3 times per week" instead of "I want to lose weight."
- **Measurable:** Know how you're going to track progress. You can track your activity minutes throughout the week, the amount of water you drink, or anything else that helps you measure progress for your specific goal.
- **Action-oriented:** What actions can you take (big and small) to help you reach your goal? List them out to keep yourself on track and give yourself direction.
- **Realistic:** The key is to start small and ramp up. Unrealistic goals are demoralizing, so set small, achievable goals that lead to a single big one.
- **Timely:** Know when you want to achieve your ultimate goal and set smaller milestones along the way. This helps keep you on track or lets you know when you have fallen behind schedule so that you can adjust your methods.



Portal tip

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You can easily update your portal profile or change your account settings at any time. Simply hover over your name in the upper right corner for a dropdown menu with access to several items, including:

- **Public profile page**
  - This page lists any current challenges you are in, past challenges you have completed, and high-level personal statistics.
  - To enter or edit your photo, bio, location, phone number, or personal links, select **Edit Profile**.
  - To view the recent activities of your fellow participants, select **Activity**. If you wish, you can "like" an activity or leave a comment.
- **Account settings**
  - Enter or update your name, username, email address, preferred email address, and shipping address. You can also update your password.
  - Select **Health Profile** to enter your fitness goals, preferences, and wellbeing interests. This information remains confidential and is not shared.
  - You can also view or edit any devices you have connected to the platform.
- **Privacy settings**
  - Use the checkboxes to select your privacy settings.
  - Select **Update Privacy Profile** to save your choices.
- **Support** takes you to a list of tutorial videos and provides customer service contact info.

You can also access these profile pages from the dashboard by using the profile sidebar, which displays your Lifetime Stats as collected by the portal (if you are in a challenge, it will also display your statistics for that challenge). Select **View Public Profile** under your name to be taken to the **Public Profile** page.