



## No resolution guilt trips here: Realistic routines you can build

Making resolutions at the start of the year has been around since the ancient Babylonians (4,000 years ago!).<sup>1</sup> The ancient Romans and medieval knights continued the tradition thousands of years later, so someone must have kept their resolve.

But why is it so hard for us to do things like eat healthier, keep up a fitness practice or find a way to put **all** the laundry away?

There are many reasons why this challenges us. The goal is too big. We don't consider the why behind making the resolution. We may not be ready for change. There are as many excuses as there are people making resolutions. Whether you like to set goals or not, there are ways to change your habits that won't leave you frustrated.



**80%**  
of people abandon  
New Year's resolutions  
in the first months<sup>2</sup>

### Start with baby steps

Keep your desired change manageable. When you think about what you want to accomplish, determine what the first steps could be. Make that your initial goal. There are many prompts out there to help you get it done. If you need help breaking down your goals into bite-sized pieces, consider:

#### The two-minute rule

Clear away small tasks and create momentum for the larger ones. Anything that takes two minutes or less should be completed right away.<sup>3</sup>

#### The five-second rule

Interrupt hesitation. Give yourself a 5-4-3-2-1 countdown as soon as you get the spark to do something.<sup>4</sup>

#### Floor goals

These baseline goals are small wins that add up, allowing you to reach for bigger push goals.<sup>5</sup>

#### Using the SMART goal system<sup>6</sup>

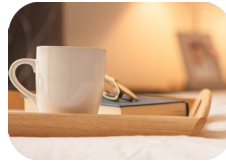
Set goals that are specific, measurable, attainable, relevant and time-bound.

## Try these realistic routines to get you where you want to be



### Be more mindful

Start a journal. Start or end each day by putting a few words on the page. How you feel. What you've accomplished. Who you connected with. Keep it simple.



### Devote time to self-care

Do one thing each week that is just for you. Take a hot bath. Read a book. Grab a coffee and sit with your thoughts.



### Move more

Take the long way around when walking somewhere. Walk up or down the stairs instead of taking the elevator. Park farther away from the door. The simple addition of steps will add up.



### Cut back on alcohol consumption

Meet your friends at a bar known for its "mocktails." There are more flavorful options available now than ever.



### Eat more healthy

Replace one serving of red meat with fish, chicken or tofu each week. Add more protein to your breakfast. Try a new salad for lunch. Find a healthy recipe to try for dinner.



### Get to a healthy weight

If this is an area you're concerned with, talk to your doctor about options that are right for you. Maybe it's a referral for a dietitian or an exercise coach. Perhaps it's a prescription to help with weight loss, like a GLP-1.

Learn how Teladoc Health can help support you on your wellness journey.  
To sign up or learn more, go to [TeladocHealth.com/Smile/UOFAK](https://TeladocHealth.com/Smile/UOFAK).

<sup>1</sup><https://customshousemuseum.org/news/resolutions-where-they-came-from-and-why-we-make-them/>

<sup>2</sup><https://www.psychologytoday.com/us/blog/what-mentally-strong-people-dont-do/202412/why-new-years-resolutions-set-you-up-to-fail>

<sup>3</sup><https://www.psychologytoday.com/us/blog/the-superhuman-mind/202409/7-procrastination-hacks-that-actually-work>

<sup>4</sup><https://www.cnn.com/2025/02/18/mel-robbins-this-5-second-rule-will-help-you-get-anything-done.html>

<sup>5</sup><https://www.teladochealth.com/library/article/floor-goals-and-push-goals>

<sup>6</sup><https://www.teladochealth.com/library/article/how-to-set-smart-health-goals>

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