

# New Year's Goals vs. Resolutions



**A goal is a statement of what you want to achieve, and a resolution is a statement of what you want to change.**

A **goal** is a desired outcome that a person aims to achieve. It represents a target or an objective that one strives to reach, often serving as a milestone for personal or professional growth. Goals can be short-term or long-term. Short-term goals are those set for a relatively brief time frame and are often stepping stones toward larger objectives. In contrast, long-term goals typically involve significant, life-changing decisions and require sustained effort and commitment.

Individuals can establish both personal and professional goals. Personal goals focus on aspects of life such as relationships, family, or health, while

professional goals pertain to career development, job achievements, and financial aspirations. Together, these goals shape a person's vision for the future and guide their actions over time.

A **Resolution**, on the other hand, carries multiple definitions across various fields, including technology, audio, imagery, logic, law, and even personal commitments like New Year's resolutions. A resolution refers to a firm decision or determination to act in a particular way.

In the context of New Year's resolutions, it represents a promise to oneself to adopt healthier habits or make positive lifestyle changes. These resolutions serve as a way to reflect on the current state of life and strive for improvement. However, studies show that over 80% of people fail to keep their resolutions. Achieving these goals requires a genuine commitment to long-term change and consistent effort to maintain progress.

**Do you have a health-related New Year's resolution? Don't know where to begin? We would encourage you to join us for Dr. Sydney's 5 Essentials Class on Monday, January 23rd at 5:45 PM. All are welcome!**