Shine on with realistic resolutions

You’ve got this

Ready to be your healthiest, happiest you? Just skip the long list of resolutions and go for a few realistic ones that stick. So you’ll shine, not stress.
Realistic resolutions, really great year

1. Pat yourself on the back
   To keep going strong, keep celebrating small successes. So you lost 5, not 20, pounds. Throw a party. Or maybe you “went vegan” but slipped in week 2. Celebrate week 1. Giving yourself credit gets you pumped for your next goal.

2. Like yourself
   Instead of fixating on so-called flaws, focus on all the ways you rock — your generosity, juggling skills, svelte ankles, whatever. Then see how you can improve on your awesome-ness. Stumped? Good. One resolution down.

3. Revel in nothingness
   Every day, take a mindful moment just for you. Read a chapter, watch a sunrise, take deep breaths or just be. You deserve it. And you'll be surprised how a little nothingness recharges you for greatness.

4. Try something new
   We're our own worst critics — aiming for faster, stronger, higher. So why not try something you've never done before, like tobogganing or fencing? You'll be so busy learning something new that you'll forget to wonder if you could be doing it better.

5. Take baby steps
   Instead of cold-turkey resolutions like “I'm climbing Everest” or “These cigarettes are dead to me,” take baby steps. If you've never scaled a mountain, start with rock climbing. Or smoke half of every cigarette on your way to none.

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