



BalanceWorks® Newsletter



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Reflect & Rejuvenate

For many people, the New Year is a time to make resolutions that will help you better yourself or reach goals. Beyond just being able to answer the question “What is your New Year’s Resolution?”, the New Year is a great time to make changes or improvements in one’s life because it symbolizes a fresh start and for some a clean slate.

Despite the popularity of New Year’s Resolutions, Forbes reported that only 8% of people actually achieve the goals they set for the New Year. The University of Scranton reported that the top 10 Resolutions for 2012 were to:

- Lose Weight
- Get Organized
- Spend Less, Save More
- Enjoy Life to the Fullest
- Staying Fit and Healthy
- Learn Something Exciting
- Quit Smoking
- Help Others in Their Dreams
- Fall in Love
- Spend More Time with Family

These general themes are common each year and revolve around health

as well as personal and professional growth. Many people simply choose one of these general categories and state it as their resolution.

This year to make your resolution stick, first reflect on the last year. Consider what made you happy, milestones you reached and goals you achieved. Next consider frustrations or barriers you faced and review the major sources of stress or unhappiness in your life. Then conduct an honest self assessment. What accomplishments are you most proud of, what do you consider to be your greatest strengths. In contrast, consider what goals you failed to achieve and what about yourself you would like to change.

You can then analyze your reflection/self assessment and decide what areas of your life you would like to rejuvenate in the New Year. If there is a consistent source of stress in your life, you can resolve to eliminate it. If there is something about yourself you are unhappy with, resolve to change it. On the positive side, if you reached a major milestone, resolve to take it to the next level this year. If you accomplished your goal last year to lose

For more information or support on resolutions, contact the work/life experts at **BalanceWorks®** by calling:

1.800.327.2255

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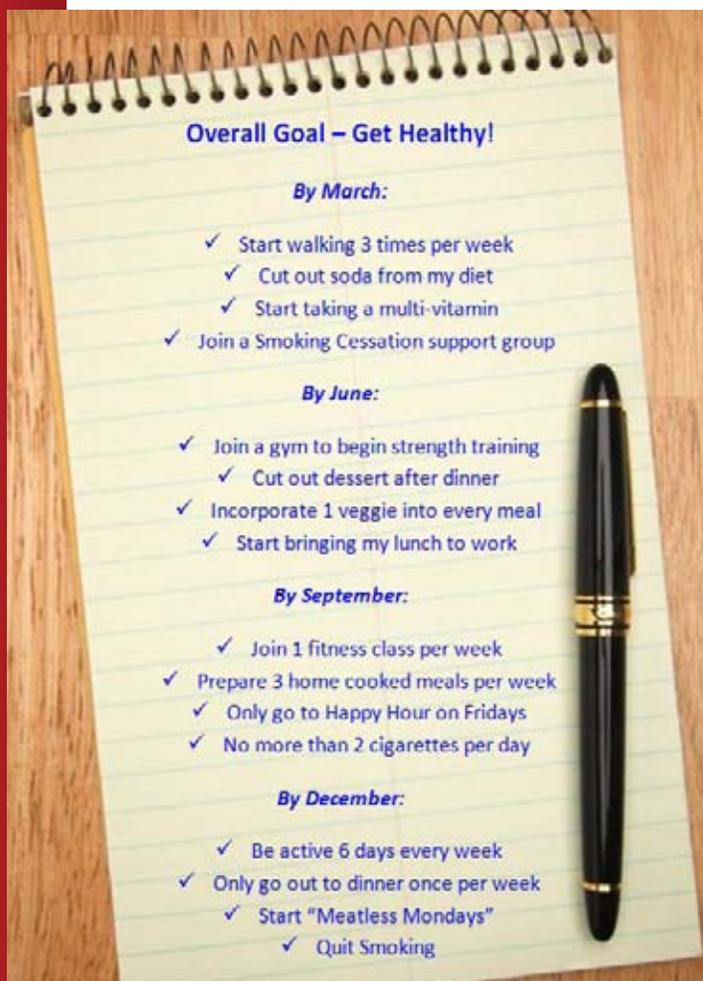


weight by starting a walking program, amp it up in the New Year by adding spinning classes to the mix.

By thoroughly reflecting, you are more likely to choose a resolution that is really important to you, rather than something that is trendy and generic, such as “I resolve to be more organized”. The more you care about reaching your goal, the more likely you are to stick with your resolution.

After you have made a resolution that is truly important to you, develop a detailed step by step strategy to reach your goal. As mentioned earlier, resolutions are almost always general. If you resolve to “get healthy”, the question becomes, where do you start? On top of a starting point, a goal that is so general can seem insurmountable and cause you to give up before you even start.

Let’s take a look at a detailed strategy to “get healthy”:



You can utilize this same approach regardless of your resolution. Breaking it down into smaller goals and giving yourself enough time to reach the overall goal, will make your resolution much more achievable!

Remember that your Personal Assistant is available to research strategies to help you achieve your resolution or to provide a listing of community resources that can support your goal.

Wishing you a happy and prosperous New Year!

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