

Folk, Michelle L.

From: Geisinger Health Plan <brokerupdate@email.geisingerhealthplan.org>
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To: Folk, Michelle L.
Subject: Kick Off the New Year with Some Reading

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Broker Bulletin

GHP Commercial Group and Individual

Start out your new year right

With the new year can come a new you. But do you need to make dramatic resolutions? Here are 5 tips to help you make resolutions that stick:

1. **Pick just one goal** instead of several, which can set us up for failure when it becomes too difficult to stay focused on every goal.
2. **Make your goal SMART.** It's an acronym for specific, measurable, achievable, relevant and time-based.
3. **Break your long-term resolution into small, short-term behavior changes that you can focus on each day.** Success with these new habits will help you stay motivated and keep going.
4. **Share your goal with family and friends** so they can support you.
5. **Reevaluate any strategies that aren't working and develop a new plan.**

Bonus: [Start the new year with self-care](#)

Just for you:

brokerHUBs:

- [Commercial brokerHUB](#)
- [GHP broker benefit documents](#)
- [Individual brokerHUB](#)
- [Geisinger Gold brokerHUB](#)
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COVID-19 info:

[Geisinger.org/coronavirus](#) is full of the most up-to-date information about the latest on COVID-19 including vaccine FAQs, our safety checklist, community resources and much more.

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