# How to Keep Your Resolutions All Year!

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**You think: "I need others to push me to… [fill in the blank]."** Asking people for support is smart, but to make your resolution stick, now is the time to learn how to be your own cheerleader. In fact, relying too heavily on a pal or family member to get you to do something can actually decrease your motivation to work toward your goals, a study in Psychological Science finds. Your boyfriend might be great at getting you out of bed for your morning jog, but what happens when he's out of town? Without any motivation to hit the treadmill on your own, you and the snooze button will become BFFs. To remind yourself why this goal is important to you, write little notes and post them where you'll see them—your desk, the mirror and the snooze button!

Read the full story: *Self Magazine*