

# This Year, Try Downsizing Your Resolutions

January 05, 2021

After the unpredictable, torrid year we've had, the idea of making New Year's resolutions for 2021 might seem a tad overwhelming.

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Just because it's the first of January doesn't mean you will automatically feel motivated to start a new habit.

"You're not going to sustain a behavior change unless you have internal motivation," said Sara L. Dolan, an associate professor of psychology and neuroscience at Baylor University in Waco, Texas.

So when making New Year's resolutions, consider what changes you'd like to make, but also *why* you want to make them, Dr. Dolan advised. What makes you feel committed to reaching your goal?

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