How to Stick to Your New Years Resolutions in 2019

Here are some strategies to ensure you keep moving forward this year.

January 15, 2019 2 min read

Opinions expressed by *Entrepreneur* contributors are their own.

When a new year rolls around, many people make resolutions in the moment, mostly based on impulse, says Entrepreneur Network partner Mike Phillips. The truth is, in order to properly achieve your goals, you have to create a solid plan.

After making these goals, make sure you are celebrating the little steps you are taking to get there. This may involve looking at your own progress and blocking out outside noise. Celebrate your wins and continue to recognize the progress you are making.

Moreover, Phillips warns that having a plan and having an idea are two different things. Establish definitive check points you can hold yourself accountable to, so your goals can become a reality.

Click the video to hear more.

Related: Why Acting Positively Will Bring You More Business

Watch more videos on Lead the Team's YouTube Channel.

Entrepreneur Network is a premium video network providing entertainment, education and inspiration from successful entrepreneurs and thought leaders. We provide expertise and opportunities to accelerate brand growth and effectively

monetize video and audio content distributed across all digital platforms for the business genre.

EN is partnered with hundreds of top YouTube channels in the business vertical. Watch video from our network partners on demand on Roku, Apple TV and the Entrepreneur App available on iOS and Android devices.

https://www.entrepreneur.com/video/326268