

# Setting and reaching goals

1. Make sure that your New Year's resolutions are truly yours, not geared toward pleasing someone else.
2. Goals should be challenging—and represent a stretch for you—but should not be so lofty that you give up.
3. Write down your goals and keep them realistic and time-based. Reward yourself for achievements!

Call your Employee Assistance Program at 1-800-424-4831 (TTY 711) or visit [MagellanAscend.com](https://MagellanAscend.com) for helpful resources.

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