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 for helpful resources.