**Subject/title – 6 ways to reach your 2017 New Year’s goals**

A finder.com.au[[1]](#footnote-1) survey of 1059 Australian’s found that over half (54%) made health and money related New Years’ resolutions in 2015, but that 58% broke or did not reach their goals that year. So what can you do to maximise your chances of achieving your health and wealth goals?

1. **Stick to just one goal.** 21% of Australian’s did not reach their goals, as they just had too many.
2. **Don’t over complicate things.** Keep your goals simple and achievable. For example if you are saving to buy your first home or investment property, saying you need to save $50k can seem overwhelming, but if you break it down to saving $10K a year or just over $800 a month for five years, your goal is suddenly much more achievable.
3. **Know your why.** Ask yourself why you want to achieve your specific goals. Do you want to exercise more to improve your health and fitness and reduce your risk of heart disease, or maybe you want to set a good example for your children.
4. **Write it down and share it with friends.** Write down your goal and share it with friends. The survey found that those who don’t share their resolutions are 64% more likely not to keep them
5. **Use an app** (there are loads to choose from) to help you keep track of your progress and stay motivated. The survey found that about ¼ of New Year’s resolutions were broken due to people not keeping track of their progress.
6. **Your Financial Adviser can also help you** make, keep track of, and achieve your health and wealth goals for 2017.

Contact us today on <enter phone number> or <enter email> and let us help you keep and achieve your 2017 resolutions.

1. <https://www.finder.com.au/fail-new-years-resolutions> [↑](#footnote-ref-1)