

# How to Make and Keep Resolutions

Each year, many of us make New Years resolutions. We want to make changes that will improve our lives during the next year.

At the beginning of February, which is Psychology Month in Canada, many Canadians have found it tough and even defeated when a month's worth of effort yields slow or few results.

“Making New Years resolutions is easy” states Dr. Robert Vallerand, President of the Canadian Psychological Association. “It is keeping them over the long term that can be very hard. Psychological research suggests that there are ways to increase the chances we will be successful in changing our behavior.”

Use our be”

