

Making Meaningful New Year's Resolutions

Meaning can be [defined](#) as a subjective sense that one's life makes sense, has purpose, and matters to others. Studies have shown that psychological interventions focused on meaning [improve quality of life and decrease stress](#).

Values-based goal setting is a way to incorporate meaning into efforts to improve health and wellbeing.

Values are guiding principles that make life meaningful for each individual person. Goals are actions that can be accomplished. For example:

Values: health, social connection → *Goal:* Go for a walk with a friend twice a week

Values: creativity, sense of accomplishment → *Goal:* Learn to play a musical instrument

As the New Year approaches, here are some tips on setting **meaningful New Year's resolutions**:

1. Brainstorm your most important values.
2. Choose one or more values you want to focus on in the coming year.
3. Think of specific ways to put these values into action *and/or*
Reflect on how the goals you already have for the year align with your values.