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## How to keep your family new year's resolutions (for real)

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Did you know that studies show **fewer than 10% of people who set resolutions stick with them after February?**

So if you or your kid has already dropped the new routine — you're not alone. Turning a goal into a habit can be challenging, but you still have time to save your family's resolutions. Check out some quick tips:

### Work together

Tracking your goals together will help you keep up the enthusiasm. You can even motivate your kid (and yourself!) by celebrating wins with small rewards, like a favorite dinner.

### Treat every day like Jan 1

Habits are about progress, not perfection. If your kid skips a couple days of piano practice, let them know it's okay, and that they can always start fresh the next day.

### Get more support

If your kid needs more support with reaching their goals, don't forget your family has access to virtual therapy, psychiatry, & coaching for mental health challenges through your Brightline account.

**Whatever your family faces this year, you can count on Brightline to help.**

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