

# Celebrity News: Kim Kardashian Reveals Her 2018 New Year's Resolutions



By [Karley Kemble](#)

New year, new Kim? Kind of! According to [EOnline.com](#), [Kim Kardashian](#) has been very open with the changes she hopes to make in 2018 on her exclusive app. In the video, Kardashian states her main goal “is to be on my phone less and more in the moment.” She also hopes to up her fitness game and work out five to six days a week with her trainer. 2018 will certainly be a huge year for Kardashian and her husband Kanye West, as they will soon be welcoming another [celebrity baby](#) via surrogate, too!

This [celebrity news](#) shows us that even celebrities like Kim Kardashian plan to make big changes with the new year. How can you stick to your resolutions once you've committed to them?

### **Cupid's Advice:**

It's easy to make resolutions at the beginning of the year, but it's not always easy sticking to them. In fact, most people ditch their big resolutions before January even ends. If you're hoping to make sure your big changes stick, check out these tips straight from Cupid:

**1. Re-frame the "resolution":** Resolutions rarely see life past January is because of the immense pressure to strictly abide to them. If there is even a small deterrent, most people give up because they aren't perfecting their goal. Try re-framing and leave room for error. For example, if you want to lose weight, instead of saying "I will lose 20 pounds this year," say "I want to change my eating habits and focus on my overall health." The two coincide, and it's more likely you'll have more success!

**Related Link:** [Kim Kardashian Announces the Sex of Celebrity Baby No. 3](#)

**2. Don't be afraid to restart:** Slip-ups are inevitable, so don't beat yourself up over them! With 52 weeks and 365 days, you would be insane not to stray from your big resolution. When you do stray (notice: "when" and not "if"!) know that your next choice/decision is an opportunity to get back to your goal. It's better to have a slow and steady progression,

rather than no progress or even backtracking and giving up completely!

**Related Link:** [Beauty Advice: The 5 Best Beauty Tips from Celebrities](#)

**3. Have a support system:** Lean on others for support. It's not a sign of weakness, rather, it's a sign of strength! When you tell others about your goals, they will want to help encourage you and help keep you accountable. Making others proud is always a very empowering motivator, so you should definitely consider this option!

**What's your New Year's resolution? How do you plan on sticking to it? Talk about it with us in the comments below!**