

# HOW TO MAKE & KEEP NEW YEAR'S RESOLUTIONS!

1

## Reflect on past years.

- What worked?
- What didn't?
- Why?

2

## Keep your new goals simple.

- They should be realistic & attainable.
- Like a project at work or school, break the larger ones down and create an action plan.
- For a related article on how to write an action plan visit [www.alongsidecreations.com/work-hard/take-action/](http://www.alongsidecreations.com/work-hard/take-action/)

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## Be specific.

- Being healthier is a great resolution but if you want to be successful be detailed:
  - I want to cut carbs by eliminating bread.
  - I am going to walk 3 miles every morning.
  - I am going to add fruit to my lunch menu every day.
- If you want to travel how about:
  - I am going to visit the Grand Canyon in September.
  - I am going to schedule one weekend trip per month.

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## Write the resolutions down.

- Don't just talk about it, visualize it.
- Write it on your agenda/"to do" list.
- If you see it in writing it is harder to dismiss it.

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## Be accountable.

- Have a buddy. A spouse, friend, sibling, trainer. Someone you need to report to and who will hold you accountable and not let you slide or slack off.
- Hire a personal assistant to work alongside you, consult you on your journey. Call and make an appointment today and I can help you get started.

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## Give yourself time.

- Have you heard the saying "Rome wasn't built in a day"?
- You did not gain weight overnight so it won't come off overnight.
- Consult with experts, research and set realistic timeline expectations.

7

## Journal your journey.

- Document what works and what doesn't.
- Dedicate a specific time every day to do this.
- Explore your emotions and give yourself permission to experience the failures and successes along the way.

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## Reward yourself.

- Celebrate your achievements along the way.
- A little reward now and then will keep you motivated.