



8 - Imperative Steps to Keeping Your New Year's Resolution!



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/

3 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.

4 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.

5 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.

6 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.

8 Reward yourself.

-Celebrate your achievements along the way.

-A little reward now and then will keep you motivated.



Join the journey - sign up for the newsletter and receive the 6-page manual for free!

www.alongsidecreations.com

