

What's On Your Mind?

January 2017

### New Year's Resolutions or Goals?

It is the time of year when many people make their resolutions for the year. The definition of a resolution is 'a firm decision to do or not do something'. A lot of people say they will give up something such as stopping smoking, drinking, gambling, shopping or doing something liking joining a gym, losing weight, etc. You get the idea. The problem with resolutions and why they are not successful is for most people they are not written specific goals followed up with an action plan.

Resolutions are just thoughts of something ideally would be nice to accomplish. Everyone around you is talking about their resolutions so you come up with something for yourself. Within the first few weeks of the year, gym memberships go way up and attendance starts to dwindle within a very short time. Why is it most people just don't succeed at their resolutions and yet every year they set themselves up for failure?

It is discouraging when your resolutions have already failed you and you still have the rest of the year to go with potentially a why bother attitude.

Why not decide this year on one big goal and no New Year's resolutions. Write out one very SPECIFIC goal. Make sure it is MEASURABLE. Draft up an ACTION plan on how you will accomplish your goal. Make sure the goal is REALISTIC and give it a specified TIME to achieve. Everything should be stated in the positive and not what you don't want. Example: I would like to weigh 150 lbs. not I want to lose 10 lbs.

An example of a SMART goal written out would be: I want to weigh 150 lbs. by December 31st, 2017. I will achieve this by working out three times a week and getting a personal trainer once a week. I will bring my lunch to work and treat myself once a month to eating out. I will design a meal plan with healthy tasty choices to keep myself motivated. I will join a support group. This is only an example of how to write a goal to help you be successful. It is amazing the higher percentage of success you can have by choosing this method instead of the wish list of most people.

Make 2017 your best year ever. You may surprise yourself how easy it is to accomplish your goals by having them be SMART. You can do this in all aspects of your life.

Wishing you a very prosperous and successful 2017.

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