

A Successful New Years Resolution

The New Year has arrived and so has the optimism of changing our life to a healthier, positive, active lifestyle through setting and accomplishing our new years resolutions. Now, how do you stick to your resolutions? Here are some Tips for success.

1. Don't try everything at once!

Keep the list small; don't run off a list of everything we've ever wanted to change. You'll have better luck fulfilling one or two goals at a time. Setting too many resolutions can become overwhelming, keep it manageable.

2. Word them carefully.

Let's say your resolution is to add more exercise in the coming year. Word this carefully, try not to think of it as "This year I am going exercise more." That's a stress-inducer waiting to happen. It forces you into thinking of the resolution as something you must do, not something you want to do. Instead word it to read "I will slowly increase my exercise program to spend more time being active each month".

3. Make a plan to follow.

Once you know what your resolution is, try to break it down. Nobody accomplishes anything of significance by trying to do it all at once. For example a plan for the resolution of adding exercise to your weekly schedule could be as follows. I will start by adding three days of 20 minutes of walking to my weekly schedule and add 10 minutes to this every two weeks until I reach 60 minutes. This doesn't have to be a complicated plan; just brainstorm enough to give you a place to start. It also helps to set a timeline and deadlines which will keep you consistent and avoid procrastination.

4. Write it down on paper.

Write down your resolution and your plan of action. Stick it up on the fridge, on your mirror, in a journal, or in your locker, wherever you know you'll see it. That way you'll have a constant reminder of your promise to yourself. You may need to revise or change the wording as time passes and your goal changes.

5. Stay positive

I have mentioned this before but be sure you set positive goals (resolutions). Be positive and don't expect perfection, if you fail one day or week get yourself back on track. It takes time and patience to be successful and to make a meaningful change in your life. Expect setbacks, don't expect changes overnight, know that this resolution may take most of the year to complete and be successful. Stay persistent!

6. Work out with a partner or spouse

For most of us this will make us more accountable and help us achieve success with the support of others. Tell family and friends of your resolutions and recruit them to support and remind you of your goals in a positive way. This will also help keep you accountable for following through with your resolution.

7. Seek out a professional for advice or motivation!

Bringing in an expert to help you set a plan and provide an objective opinion can be very valuable to achieving your goals. A certified professional will have valuable experience and ideas to assist you as well as providing motivation to follow through with your plan.

8. Visualize your success.

Visualize how good it will feel to accomplish your goal. If you stumble or want to quit, remind yourself why you started and the reason for your resolution. Create rewards for achieving goals, maybe a massage, piece of clothing, etc. Above all remember, anything worth accomplishing doesn't come easy.

May your 2006 be one of success, happiness, and positive changes in your life.

Written By:

Gary L. Bredehoft, CSCS, CPT ACE

Tiger Coaching & Personal Training

2110 Winthrop Rd. Suite 100B

Lincoln, NE 68502

402-560-8280 / 402-488-8280

coach@tigercoaching.com - www.tigercoaching.com