

YOUR BIGGEST NEW YEAR'S RESOLUTION AND 5 WAYS TO KEEP IT

A brand new year! What an exciting time to start anew and accomplish major goals. As a Life Coach, the biggest and most popular resolution I hear is ***'I want to lose weight'***! If you share in this very popular resolution, then read on and find out how to remain true to your desire of losing those unwanted pounds.

Whether you have been told to lose weight by your doctor, or whether you want to look better in your jeans, your goal is attainable. Following are 5 very important steps to follow in order to achieve a slimmer waistline:

- 1- Be very specific in how much weight you'd like to lose. When setting a goal, it is critical to ensure that it is a SMART goal (specific, measurable, attainable, realistic, time-bound). Determine exactly how many pounds you'd like to shed. And then assign a time-line for when you'd like to have the weight off. Make sure it is attainable and realistic. If you currently weight 400 lbs, it is not realistic or attainable to expect to lose 100 lbs in one month. It is neither healthy nor realistic.
- 2- After you have made a realistic determination of how much weight you'd like to lose and your time table is set, select a healthy method for losing the weight. Will you join a gym? Will you put yourself on a workout regimen at home? Will you start taking aerobic classes? Select the best method for you.
- 3- Write down your goal, and keep a log on your progress. When you write down your goals, statistics have shown that it's much more attainable. Also keeping a log helps you to realize that progress is being made, and you're more likely to keep going.
- 4- Try to maintain a healthy diet. It's not as necessary to count calories as it is to consume healthy choices. Add more fiber and complex carbs to your diet. Try to eliminate the sugar and white flour products as much as possible. Again, try to do it in a realistic attainable timeline. If you eliminate ALL bad food choices immediately, then you're likely to grow tired of the new regimen. Slowly eliminate the choices until you reach a point where you're comfortable with the new diet choices.
- 5- Use meditation and visualization to keep you on track. Visualize yourself at the new body weight. Buy a new pair of jeans at the new body weight and hang them up where you can see them every day when you awake. Create positive affirmations and look in the mirror each morning when you get up and SAY IT out loud. Positive affirmations are very powerful, and this will help to re-program your subconscious to ensure you stay on track with your weight loss goal.

You CAN overcome the pain – be patient, it takes time!

Article written by: C. Holloway Hill

Website: www.chollowayhill.com

Email chollowayhill@yahoo.com

Feel free to write with your experiences, comments, questions