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Tips for Making Your New Years Resolution Work!

By David Junno Psy.D.

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Many of us make New Year's resolutions few; of us keep them. In their article "If at First Your Don't Succeed", Polivy and Herman cite statistics that:

- 25% of New Year's resolutions will be abandon in the first 15 weeks
- The average number of time's a New Years resolution is made is 10
- Those who manage to make a resolution that lasts for 6 months or more have often tried 5 or 6 times before finally succeeding
- Many New Year's resolutions are for health related goals

Three most important elements of a good resolution:
Goals, Goals, Goals!

Have appropriate expectations.

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Setting the right goal is everything. Too often we set our expectations too high. The result is it is harder to meet them. This in turn can lead to increased discouragement, which can lead to less motivation in the future. One area people often set unrealistic goals for is weight loss.

As Polivy and Herman point out, people either have too high expectations for how much they lose, or they expect too much from losing it. Genetics accounts for approximately 70% of our weight. There is a limit to how much we can expect to lose. This doesn't mean we shouldn't try if it is in the interest of our health. What it does mean is we will be much more successful with more modest goals.

Just starting a program for healthier living can have results. According to the research of Roberts and Barnard, people can experience significant improvements in their health status after three weeks of making dietary changes, even before they have any weight loss.

There is also the issue of what we expect from weight loss. Many of us expect weight loss to result in success in relationships, work and improved health. Yes, having a better diet can improve health, even with modest weight loss. However, losing weight is no guarantee of success in other areas of life. If we tie all our hopes for a better life to something like weight loss, we set ourselves up for potential failure. It is unlikely we will achieve these rewards from weight loss alone. If we want to be more successful in relationships or work, we should make those separate goals.

Set a learning goal

Most of us who need to make changes in our lives to improve our health are not yet ready to make those changes. To make successful lifestyle changes requires knowledge, time, and commitment. Leaping in to change before doing the necessary preparation is another recipe for failure. Rather than expecting ourselves to make a change right away, we can instead learn about what we need to do to make a successful change.

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Set a goal to explore your need to make a health related change, get the facts, find out what action steps are necessary, realistically assess the potential obstacles in your life to making these changes. Use this information to develop your own plan. We tend to be much more successful following through on plans we make than ones others make for us.

Focus on what you are going to do.

Too many health related changes feel like deprivations. We are going to give up foods we like, stop smoking, and/or stop drinking. It is hard to maintain motivation for not doing things. It is more rewarding focusing on what we are going to do.

For example, for a diet goal think about what you can add to

your life. If you need to reduce high fat foods, consider a goal of eating more lower fat foods. I have a goal of eating more fruit each day, so every time I want a snack I see it as an opportunity to have a fruit or some juice. I have also maintained a goal of eating an extra portion of vegetable with my dinner. This makes me feel more like I am doing something for myself rather than just taking something away.

For a goal like stopping smoking, consider doing more activity when normally you would be tempted to smoke. If you need to quit drinking consider setting a goal of spending more time with family or friends, or participation in non-drinking related activities.

Make this the year you get it right.

Set appropriate expectations, learn what you need to be successful, focus on what you want to do, and have a great New Year!

Quotes:

"Always bear in mind that your own resolution to succeed is more

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important than any other one thing."

Abraham Lincoln

"If at first you don't succeed, you are running about average."

M H Alderson

Remember, having the right diet and getting enough exercise will not only improve your health– IT WILL IMPROVE YOU LIFE.

Until next time,

Dave Junno Psy.D.

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Seven Tips to Keep up Your New Year Resolutions

By Lakshmi Menon

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There are many people who enthusiastically make their New Year resolutions with a fond hope that they will stick to them and thus make changes in their life for the better.

But they will soon find that they cannot keep up those resolutions and are back to their old life. How sad it is!

Some may be able to make it last for a week, or maximum for a month or two, and slowly give it up. Hardly a small percentage of people can actually keep up their resolutions to their satisfaction.

Are you one of them belonging to the former category? If so, the following tips will help you to stick to your resolutions. I have found them personally useful on most of my resolutions.

1. Before making the resolution, think carefully and ask yourself whether you really want to do that or not.

2. If your answer is "Yes" make a firm decision that at any cost you will see to that you will keep it up.

3. Once you have made up your mind to your resolution which you believe is better for your improvement, write it on a piece of paper and read it loudly, at least five times, until your mind absorbs it fully.

4. Make a few copies of that matter and stick them in your favorite places at home. One paper should be in your bedroom, which if you can see as you get up, will be fine.

5. Every day as you get up after your prayer, just read that piece of paper where your resolution is written. Read it at least 3 times.

6. The other pieces of paper should be pinned in the kitchen, drawing room, and another one on your computer.

When you come to your computer side you will not miss it, but without your knowledge your attention will pass through that piece of paper as you wait for your computer to get booted, which will remind you of your resolution.

7. Finally at the end of the day, when you go to bed, remember to repeat your resolution at least twice affirming

that you are going to keep up your resolution, at any cost.

When you follow the above tips, you will feel very happy that you have not broken your resolution and

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you are able
to keep it up successfully, as the way you wanted it.

Lakshmi Menon has written articles and short stories. Now she is involved in internet marketing. Visit <http://www.net4homeincome.com>



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