

Healthy Resolutions

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- 1. Make your weight loss or fitness goal a "top 3 non-negotiable priority."** Outside of family and your job, your goal has to be elevated to this degree of importance to achieve it!
- 2. Keep your goal in mind with every meal and every exercise session.** Every time you lift a fork remember your goal.
- 3. Celebrate your little successes and discount your imperfections.** This is a biggy!! Make a big deal over the smallest achievement like controlling your portions for lunch and don't beat yourself up for not having the perfect figure!!!
- 4. Give yourself plenty of time to achieve your goals.** You have the rest of your life to achieve your goal so just because you lost 5 lbs. instead of 25 lbs. in a month doesn't mean you are failing.
- 5. Modify your eating behavior changes one at a time.** Don't do the shot-gun blast approach to changing patterns all at once like cutting out sweets, no more soda, only eating vegetables, no more cookies....Change one pattern/week and modify it slowly!!!!
- 6. Surround yourself with positive people and avoid anyone trying to sabotage you.** It is easy to find people who don't believe you can achieve your goals. Get rid of them and find people that support you and your effort.