

5 Simple Strategies to Achieving Your New Year Resolution

Do you know that 80% of North Americans fail to follow through and achieve their New Year Resolutions?

What has been your success rate in the past? Do you want to be the successful 20% who stick with it and make your health and wellness goals a reality?

The key to successfully achieving your goals is not simply how hard you work or how strong your willpower is – although these are important components, you also need to structure your goals in a way such that you are setting yourself up for success, find the right motivation to carry you through the rough patches, and have the right kind of support system to cheer you along and pick you up when you fall off the wagon.

We will go over these in Saturday's session, in the meantime, here are 5 things that you can do right away to set yourself up for success!

1. **Set S.M.A.R.T. goals** – your goals need to be Specific, Measurable, Attainable, Realistic and Time-bound.
2. **Dig deep, ask yourself the bigger why** – ask yourself why you want to achieve these goals and how you want to feel when you get there, and don't settle with the first answers that come to mind. Keep asking why you want to achieve a certain goal. Figure out how you want feel. The deeper you dig, the bigger the reason behind your desire, the more likely you will be motivated and stick with it.
3. **Take baby steps** – break down your goals into small, simple steps. Make 3 realistic and reasonable changes in your life every week, practice and make sure they are fully integrated into your routine before picking up the next 3 steps. Before you know it, you would have made 36 changes in your life to bring you toward your goals in just 3 months!



5 Weeks to Fabulous

4. **Assume total responsibility** – no more victim mentality. No more blame-game. You are responsible for creating your own reality.

5. **Get the right support** – surround yourself with people who support your goals and your dream, and cheer you along. Let them know how they can help you if you fall off the wagon. Joining a group program is a great way to surround yourself with an immediate community of like-minded people who are there to support each other!