

NEW YEAR'S RESOLUTIONS

Why They Fail?	How To Improve Them?
<p>1) They're too vague Ex: I'm going to lose weight</p>	<p>1) Make them more specific and actionable Ex: I'm going to take 7,500 steps and eat 130 grams of protein every day</p>
<p>2) Results come slowly Ex: It's been two weeks and the scale is barely moving</p>	<p>2) Realign your expectations and focus on the daily wins Ex: I'm healthier because I hit my step goal on 6/7 days this week and averaged 131 grams of protein per day</p>
<p>3) They're too aggressive Ex: I'm going to lose 50 pounds in 3 months by working out every day and eating zero carbs</p>	<p>3) Focus on smaller changes that can cascade into major results Ex: Once I'm consistent with my steps and protein, I may add on two days in the gym</p>
<p>4) Your beliefs about yourself are incongruent with your resolution Ex: I'm going to lose weight because I hate that I'm fat</p>	<p>4) Identify as the person you are becoming Ex: I'm going to take 7,500 steps and eat 130 grams of protein every day because it's good for my mind and body and I'm a healthy person.</p>
<p>5) Your environment isn't set up for success Ex: I'm going to lose weight but my fridge is empty and my pantry is full of junk food</p>	<p>5) Set yourself up for easy success Ex: My fitbit charger is next to my bed so it's ready for each day and I have protein powder in the pantry for days when I'm struggling to hit my protein goal from food</p>
<p>6) A bad day turns into a bad week turns into a bad month turns into... Ex: I missed yesterday and I'm busy today but I'll get back into it tomorrow (4 to 6 Weeks Later Spongebob Meme).</p>	<p>6) Accept that off days are inevitable but don't let them string together Ex: I missed yesterday and that's okay because I'm a human with a life but today I'm going to prioritize it.</p>
<p>7) Motivation isn't sustainable Ex: This is my big resolution for the year so I'm going to lose 50 pounds, go to the gym 4 days a week, run 3 days a week, and never eat sugar. Two weeks later, I quit all together because this was too much.</p>	<p>7) Choose something that you can and will stick to consistently Ex: I'm going to strength train twice a week and aim for 130 grams of protein per day. One year later, I lost weight, and I'm happier and stronger because I was consistent.</p>