

# Welcome to 2019

## The best of intentions!



It can be daunting entering a new year with a long list of resolutions and aspirations. In addition to the post holiday slump, not being able to keep your resolutions by February, March or even late January may cause anxiety and lead to low self esteem. When your holiday decorations are packed up and stored away, the frustration of an unused gym membership or other reminders of failed resolutions can make the later winter months feel hopeless.

However, it's important to remember that the New Year isn't meant to initiate huge character changes. It's a time for you to reflect on your past year's behaviour and aim to make positive lifestyle changes.

Setting small, attainable goals can help you reach whatever it is you strive for. By making your resolutions realistic, there's a greater chance that you will keep them throughout the year, incorporating healthy behaviour into your everyday life.

Here are 8 tips to help you achieve your goal and make 2019 your best year yet!

### **Make it small**

Have 4 or less resolutions, any more will likely lead to weak results. Try to have 2 personal and 2 professional resolutions.

### **Be reasonable**

Make resolutions that you think you can keep. If, for example, your aim is to start exercising, schedule two or three days a week at the gym instead of seven. If you'd like to eat healthier, try replacing dessert with something else you enjoy like fruit or yoghurt, instead of seeing your diet as a form of punishment. Be specific and measurable, don't set vague resolutions. Instead of saying "I'm going to lose weight" or "I'm going to start my business", be specific: "I'm going to run three times per week" or "I'm going to write two pages of a business plan for my new business every week". These are better ways to make a resolution sound specific, measurable and achievable. This also means one resolution might encompass a few mini resolutions.

### **Talk about it**

Share your experiences with family and friends. Taking someone to one of our Studio classes or to a gym can be a great source of support having them share your struggles and journey, it makes it that much easier and less intimidating.

### **Don't be hard on yourself**

Perfection is unattainable! Remember that minor missteps when reaching your goals are completely normal and ok. Don't give up completely because you ate a brownie or skipped the gym for a week because you were busy. Everyone has ups and downs; resolve to recover from your mistakes. Pick yourself up and carry on.

### **Ask for support**

Accepting help from those who care about you and know you will help enormously. Your loved ones and friends know you and your temperament. Their advice and encouragement will strengthen your resilience and ability to manage any stress caused by your resolution.

### **Record your progress**

Use a calendar or diary to track your progress. Choose one day per week to check in on your weekly goals.

### **Reward yourself**

Incentivise yourself to keep reaching for the next milestone by taking time to reward your progress. Positive reinforcement of your achievements will only serve to motivate you to keep going.

### **Don't give up**

Setting New Year resolutions is about acknowledging a change you'd like to make in your life. Some progress towards making that change is better than no progress. No matter what, don't give up. This is your year!