

Time to REFOCUS

It's February, and have you been making progress on your New Years' resolution? Well you're not alone; a lot of individuals have already faced setbacks or scraped those New Years' promises. Don't get discouraged if you have had a few setbacks, keep doing your best and stay the course. Realize that you will encounter setbacks that will test your character and resolve. Anything worth achieving doesn't come with ease, big risks, bring big rewards. Get back on track and continue to progress toward your goals.

If you have lost the desire to continue working toward your goal, sit down and write down the reasons you set them in the first place. Write down the specific details, but don't make it complex. When you put it in writing, you increase your chances of moving to the next step and increasing your level of commitment. Envision yourself achieving your resolution and how it will change your life, how good it will feel.

If you have fallen off of your fitness program try setting aside a certain time of the day 4 - 5 times a week to workout. I recommend the same time during the week and a morning routine on Saturday or Sunday. In other words, make exercise a routine. Sounds simple but it works. Try it for a month and see if it doesn't help you get into a regular routine.

If it involves nutrition write down the reasons for your downfall, and refocus on ways to get and keep yourself on track. Do you need help staying motivated? Lack of motivation stems from not seeing sufficient benefit in achieving your goal. The secret to being motivated is you need to have a strong reason for why you want to reach your goal. Ask yourself why you set it in the first place, are you still committed, will you be persistent in achieving it. If not, maybe you need to redefine your goal.

Maybe you made too many resolutions, trim the list to ONE. Put all your focus on that one most important change you want to make in your life and hit it head on. Describe precisely what you want, how you will earn it, when you will achieve it, and the benefits you'll receive from achieving your resolution. For a dream to become a goal, it needs to be specific. To slim down is an image, losing 15 pounds by March 30 is a true resolution.

You have to be committed, willing to make sacrifices to achieve ultimate success. Nobody said it would be easy, nothing worthwhile comes easy, but that hard work and dedication will be worth it in the end. Life would be pretty boring if we did not have challenges to face everyday, take them in stride, you can do it, be a success story. Not only will you gain satisfaction in achieving it, but the confidence gained will spur you on to tackle the next goal and make it easier to achieve. It will enable you to achieve even higher goals and resolutions. Remember setting resolutions doesn't just have to happen on January 1st.

Here are a few other tips to help you refocus on your resolution (goal).

1. Focus on the process, not the outcome. Break down your resolution into mini goals or tasks to be done daily. Instead of focusing on losing a certain number of pounds, focus instead on getting out and walking 30 minutes today or not eating that extra piece of pizza for lunch.

2. Don't become disillusioned if you hit a plateau, think of it this way, you didn't GAIN weight, you've stemmed the tide.
3. Select a small GOAL for the week - examples might include drinking eight glasses of water a day; taking an extra five minutes every morning to stretch, or taking the stairs at work instead of the elevator.
4. If you are having trouble staying on course, research shows that to increase your chance of success you should involve a support system. Involve a friend or hire a personal trainer.
5. Buy a fitness "toy" or piece of equipment to help motivation and monitor progress. Try a pedometer, heart rate monitor, or sports watch. For equipment maybe buy a Swiss ball, medicine ball, Resistance Bands, etc. to enhance your workouts.
6. If you lack the time needed to work toward the goal, readjust your timeline, maybe it will take 3 more months. That's OK; you must be realistic to your other obligations. Don't totally sacrifice your family time for example to achieve your resolution; it may be the deterrent to why you aren't motivated to continue. Be patient.

A resolution achieved is a good example of hard work and consistency. If you fall behind schedule or get sidetracked for any reason, refocus! Just don't give up! Don't surrender to temptation, difficulty or temporary failure. Persist until you achieve the goal. Don't take the easy way out. Change your life today, be a success story!

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