

## How to Stick with Your New Year Resolution

1. Make A Plan
  - a. Set times to workout
  - b. Set times to meal prep
  - c. Find a plan that guides you through
  - d. Get your plan organized
2. Commit to the Plan
  - a. Seriously commit
  - b. Organize yourself for success
  - c. Don't cut yourself slack
  - d. Don't make excuses
3. Set Realistic Goals
  - a. 1-2lbs per week
  - b. Eat more whole foods
  - c. Cut back on processed foods
  - d. Find a goal outfit
4. Be Honest with Yourself
  - a. Are you trying your hardest?
  - b. Are you actually sticking to your plan?
  - c. Did you set realistic goals?
  - d. Is your plan tough enough?
5. Create a Support System
  - a. Spouse
  - b. Kiddos
  - c. Social Media
  - d. Coach
6. Make the Time
  - a. Pick a specific time to get in your workout
  - b. Meal Prep for the week in an hour
  - c. Get up earlier
  - d. Lunch Break
7. Forget the Guilt
  - a. You need to be the best you
  - b. Your family will be happier if you are happier
  - c. Get your family involved
  - d. Your health is most important (over house chores)
8. Ignore the Criticism
  - a. People are jealous
  - b. Your thoughts/feelings are the only ones that matter
  - c. No one ever accomplished anything by being the same
  - d. Be brave
9. Reevaluate your Goals Often
  - a. Reassess after 2 weeks

- b. Manipulate your diet
  - c. Manipulate your workouts
  - d. Self-reflect
10. Take Progress Pictures
- a. Progress pics show more than the scale
  - b. You can physically see your progress
  - c. Show a family member when your mind is playing tricks on you
  - d. Take every week