

THREE WAYS TO MAKE RESOLUTIONS LAST

1 CREATE A POWERFUL "WHY"

If you can describe your goals, but not why you want to accomplish them, there's no chance of success. "Why" is where our internal motivation gets created. If we don't create an unbreakable connection to a new and better future, motivation will quickly fall victim to old habits and behaviors.

2 LEARN TO LOVE THE CLIMB TOWARDS YOUR GOALS

Lots of people want to lose weight, but they don't really want to eat different foods or smaller quantities. We must shift our perspective so that we not only want the outcome; we want to do the things that cause the outcome. Look forward to the exercise itself and we will quickly enter the cycle of small daily successes.

3 REMOVE THE ROADBLOCKS

Often, we can find several habits we have developed over time that get in our way. If we have a habit of buying junk food when we shop, then the choice not to eat it after it's in our kitchen becomes harder. We need to break down each of our goals, identify the failure factors, and eliminate them.



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