

Get Back on Track!

By Laura K Bryant

Ninety-eight percent of those who set New Year's resolutions don't follow through. Don't allow yourself to be like everyone else! Whether you never started or you stopped doing whatever it was you were doing, you can achieve what you want using the tips below:

Be honest with yourself. Analyze what happened. What worked and what didn't? Did you even start? Do you truly know what you really want? Did you revisit your goals regularly? Use the answers to these questions to start again.

Get disturbed with your current situation. You've got to get emotional about your current situation to stay motivated to do something about it. What will it cost you if you don't reach your goals? What will it mean for how you feel about yourself? How will it negatively affect your life if you don't reach your goals? And what benefits or pleasure will you get if you achieve your goals? Envision yourself achieving what you want most in life. How will that feel? What will it mean? Actually, **feel** the consequences.

Keep the faith. Know that every decision you make on a daily basis, no matter how small, can help you reach your goals. Have faith that what you do will add up; it will make a difference!

Take immediate action. When you create a goal, immediate action is critical. Make a commitment to yourself that whenever you create a goal, you will do something, anything within the next 12 hours to help you reach that goal. For example, you want to find another job but have no idea where to begin. That's OK; just start doing something. Get a book from the library about choosing your best job and start reading. Check the Web for resources. Whatever you do will fuel other ideas to keep you going.

Condition yourself for success. Most of what we do on a daily basis is habitual. The key is to create a ritual or habits that will condition you for long-term success. Make it a habit to take consistent, persistent action to reach your goals. Read your key goals daily; visualize what success looks like for you; journal daily about the pleasure you'll get from reaching your goals; schedule time on your calendar weekly, monthly, and yearly to review your current goals and set new ones. By changing your daily rituals, you can literally condition yourself for success! Why not start today?

About the Author

Laura K. Bryant is a women's weight-loss expert, speaker, and author of, "Trust Yourself to Transform Your Body: A Woman's Guide to Health and Weight Loss Without Diets." She combined her over 20 years of research in health and fitness, her passion for empowering women, and what she learned from her own 40-pound weight gain and subsequent loss to form her business, Inspire Fitness, designed to help women create their own customized plans to reach and maintain a healthy weight. Visit Laura at TrustYourselftoTransform.com