

Create new year's resolutions that stick

New year's resolutions aren't inherently bad but do they work?

We've all been there. Year after year we vow to turn over a new leaf and become the best version of ourselves; the kind of person who inspires envy on Instagram (#fitspo).

New year's resolutions aren't inherently bad but most people set themselves up for failure by not preparing properly before diving in.

Whether you want to lose weight, tone up, increase your cardio fitness or gain muscle you are more likely to achieve lasting results if you have a clear goal and a plan. When you have something concrete to work towards you increase your chance of success.

With a bit of savvy, you can create and achieve realistic, meaningful goals.



STEP 1: The big picture

What do you want to achieve with regards to health and wellness in the next 12 months? It may help to imagine it is 31 December 2017 and you are reflecting on what you have achieved this year.

Knowing **WHAT** you want to achieve is important but knowing **WHY** you want to achieve it is mission critical so, before you start to articulate your goal, get clear on why it's important to you.

How will you feel when you achieve your goal?



IGNITE. DELIVER. TRANSFORM.

STEP 2: Break it down

Long term goals are useful, but they can seem intimidating. For example, if your goal is to complete a marathon but, right now, you struggle to run 5 kilometres, your goal probably feels out of reach.

Break it down and it will be easier to manage. What can you do in the next 12 weeks that will help you reach your bigger goal?

Now, make it SMART. A SMART goal is:



SPECIFIC

Your goal should be **action-oriented** (what will you DO), and **easy to understand**.

MEASURABLE

How will you track your progress and what will success look like? **Add a number**.

ACHIEVABLE

Don't set yourself up for failure by choosing an unattainable goal. On the other hand, you may not be motivated by a goal that is too easy. Only you know your limits.



RELEVANT

Internal motivation is far more powerful than external motivation. Choose a goal that is **important to YOU**.

TIMEBOUND

Set a **deadline** to keep you accountable.

For example:

I will gain 2Kg of muscle in 3 months by following a 4-day strength program combined with a nutrition plan designed to build muscle.

Have another look at the goal you wrote down at the start of step 2. If your goal is too general, use the space below to make it SMART or break it down into several bite-sized SMART goals.

STEP 3: Plan for the worst

Setting SMART goals doesn't mean you'll never experience failure or setbacks. So, just as you would when writing a corporate risk management plan, you need to identify potential obstacles or challenges. Then, put appropriate strategies in place to prevent or mitigate the risk and help you stick to your goals.

For example, if you:

- worry about being interrupted by family, let your partner and kids know that you will be unavailable at a certain time or book a babysitter
- know that you tend to be all talk and no action, book a personal training session once or twice a week for accountability or train with a friend
- like being in a group environment, purchase a 10-class pass for yoga or small group training
- prefer to exercise solo and go at your own pace, use a fitness app to track your progress.

Obstacle or challenge	Strategy

When it comes to creating lasting habits, there's no single approach that works for everyone. Understanding what drives you and how you tend to respond to inner and outer expectations will help you establish habits that stick.

Good luck!