

10 Tips to Help You Keep Your New Year's Resolution



Make this the year you achieve your fitness or weight loss goal!

:: by The FIRMMaster Instructor Louise Smith

f Like 2.5k Tweet Pin.it 51 Submit G+ 92

Chances are at some time in your life you've made a [New Year's resolution](#) — and then broken it. This year, stop the cycle of resolving to make change and then not following through. If your [resolution](#) is to take better care of yourself and [get healthy](#), you will have a much better year if your resolution sticks. Here are 10 tips to help you get started.

1. Be Realistic

The surest way to fall short of your goal is to make your goal unattainable. For instance, resolving to NEVER eat your favorite food again is setting you up to fail. Instead, strive for a [goal that is attainable](#), such as avoiding it more often than you do now.

2. Plan Ahead

Don't make your resolution on New Year's Eve. If you wait until the last minute, it will be based on your mindset that particular day. Instead, it should be planned well before December 31 arrives.

3. Outline Your Plan

Decide how you will deal with the temptation to skip that exercise class or have that piece of cake. This could include calling on a friend for help, [practicing positive thinking](#) and self-talk, or reminding yourself how your "bad" will affect your goal.

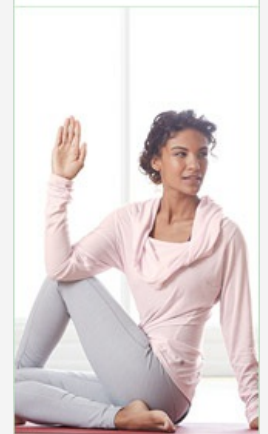
4. Make a "Pros" and "Cons" List

It may help to see a list of items on paper to keep your motivation strong. Develop this list over time, and ask others to contribute to it. Keep your list with you and refer to it when you need help keeping your resolve.

5. Talk About It



YOGA APPAREL
With a Fit That Won't Quit



Learn More ▶

Don't keep your resolution a secret. Tell [friends](#) and family members who will be there to support your resolve to change yourself for the better or improve your health. The best-case scenario is to find a buddy who shares your New Year's resolution and motivate each other.

6. Reward Yourself

This doesn't mean that you can eat an entire box of chocolates if your resolution is to eat a better diet. Instead, celebrate your success by treating yourself to something you enjoy that doesn't contradict your resolution. If you have been sticking to your promise to eat better, for example, reward yourself with [new fitness clothing](#) or by going to a movie with a friend.

7. Track Your Progress

Keep track of each small success. Short-term goals are easier to keep, and each small accomplishment will help [keep you motivated](#). Instead of focusing on losing 30 pounds, focus on losing the first five. Keep a food journal to help you stay on track, and reward yourself for each five pounds lost.

8. Don't Beat Yourself Up

[Obsessing over the occasional slip](#) won't help you achieve your goal. Do the best you can each day, and take one day at a time.

9. Stick to It

Experts say it takes about 21 days for a new activity to become a [habit](#) and six months for it to become part of your personality. It won't happen overnight, so be persistent and patient!

10. Keep Trying

If you have totally run out of steam when it comes to keeping your resolution by mid-February, don't despair. Start over again! Recommit yourself for 24 hours. You can do anything for 24 hours. The 24-hour increments will soon build on each other and, before you know it, you will be back on track.

What are your 2012 goals? Share them in the comments section below, and start getting support now!

Turn your goal action plan into ACTION! Work out at home or on the go with [GaiamTV.com streaming fitness videos](#) today.

Related Articles:

[Green Resolutions for the New Year](#)

[Keeping It Simple: Four New Year's Resolutions](#)

[3 Healthy New Years Resolutions](#)

[8 Ways to Keep Your Resolutions This Year](#)

The FIRM Products:

[The FIRM Wave Kit](#)

[The FIRM Body Sculpting DVD Set](#)

[The FIRM Cardio-To-Go Kit](#)

[The FIRM Yoga Mat](#)

Sign up for newsletters + special offers

Subscribe Now

Tell us what you think!

If you'd like to comment on this article, become a member of Gaiam Life.

[Click here to create your account.](#)

[Shop Gaiam.com](#) | [About us](#) | [Contact us](#) | [FAQs](#) | [Privacy Policy](#) | [Terms & Conditions](#)

Copyright © 2014 Gaiam, Inc.