

Continuing New Year's Resolutions: **Intention** is the Key

To set an intention, you need to:

- Define your goal;
- Write it down;
- Prepare timelines and gather supplies;
- Eliminate obstacles (or find ways around them);
- Identify key steps to take;
- Release it and BEGIN!

Intention is defined as "to have in mind a purpose or plan, to direct the mind, or an aim or objective".

Write positive affirmations to yourself to keep focused and motivated.

Realistic Goal Setting

Create a detailed **plan**, including a calendar of when you want to **accomplish** things by.

The first step

is to begin where you are, as obvious as it sounds

Appreciate and accept where you are now, and the fact that you are taking **steps** toward **progress**.

Use **specific** terms instead of vague ideas.

Saying "I want to lose weight" is vague, but "I will lose 10 pounds by Feb 1st" is specific.

Once you have created **your goal**, the next step is to **visualize it**.

A lack of vision is the main reason people don't follow through on resolutions.

To help stay on track, surround yourself with people who are trying to make positive changes too

You need to be able to **see** yourself **achieving** it in order to **accomplish** it. See it like a movie in your head, and replay the moment you **achieve your goal** over and over.

Happy New Year!

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