

## **Tips on Setting and Keeping New Years Resolutions** **From Cheyenne of Health Heart Soul** [www.HealthHeartSoul.com](http://www.HealthHeartSoul.com)

**1. New Years is all About Reflection, Resolutions and Energy:** This is a time of the year that many individuals are thinking about how to make positive changes and in that, a time of reflection and an opportunity for growth.

I tell my clients to think and reflect on the past year – all things positive and negative. I also tell them to physically write down the things that they would and would not like to change in the New Year. They can burn the pieces of paper symbolizing bad habits and can tape notes highlighting new and healthy habits to mirrors, refrigerators, etc., as a constant reminder to themselves.

**2. Making Your Resolutions a Reality:** I think it is very important to make your resolutions doable (baby steps), otherwise you will set yourself up for failure and that is no way to start the New Year. Once you achieve one small goal, you feel good and are likely to continue in that direction. A majority of my clients are looking at or talking about the following resolutions – food, fitness and finance.

- Food – Rather than saying “I will stop eating sugar, drinking alcohol, or eating red meat” – try having alcohol one night a week or excluding afternoon snacks.
- Fitness – Try doing one yoga pose a day for 30 days instead of feeling like you have to do 1 – 1.5 hours with meditation.
- Finance – If your goal is to tighten your budget, make a list of your wants and needs. Your needs become a priority and your wants will have to take the back seat – this is a great time to simplify your life and remove the clutter.

Here are some other things to keep in mind when working to make your resolutions a reality.

- Create a plan and write it down (a mission statement may work for some).
- Make sure your goals and actions always support the desired outcome.
- Be realistic with your goals and resolutions.
- Brainstorm and reach out to individuals who can be a mentor or help support you in achieving your goal.
- Find a friend who also wants to be successful in sticking to a resolution and touch base once a week to discuss your progress.
- Make the investment with a professional who can help you achieve your goal.
- Look at the resolution as an opportunity rather than something you have to do.
- And remember that you make your own choices and you are in charge!

**3. Sticking to Your Resolutions:** Personally to keep myself on course with resolutions and goals, I use a question that I have written down in my day planner that I daily repeat to myself, “Does this action/decision get me closer or further from my goal / dream / life’s desire.” If you

keep this in mind, you will be able to make choices that support yourself and your life which for most of us will also support our loved ones.

**4. The Bottom Line:** To be mentally, physically and spiritually healthy you need to align your health, heart and soul.