
THE NEW YOU IN THE NEW YEAR

By Ali Sharifi

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www.Relaxation2Go.com

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As always, the advice of a medical doctor or other professional should be sought before starting any program.

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INTRODUCTION

How many times have you told yourself that this year you're going to finally lose that weight or quit smoking or look for a better job? How often do you carry over your New Year's resolutions from one year to the next? If you're like most people, you come up with a long wish list of things you want to improve and try your best to make them happen during the year. The problem is that not even a month goes by before you've already forgotten about most of your goals and are back to your old habits again. There are a few simple things you can do though, to help you stick to your plan.

BE REALISTIC

One of the biggest reasons we fail to accomplish our New Year's resolutions is that we tend to set unrealistic goals. Wanting to lose 100 pounds and make more money and get organized and quit smoking all at the same time probably isn't going to be very effective. To help you stick to your goals, you should pick one or two really important things you want to work on and focus exclusively on those, instead of trying to completely reinvent yourself in one year. Also, be sure that your goal is actually attainable. If you have a heart condition and are in terrible physical shape and your goal is to climb Mount Everest before the end of the year, you may be in for some serious disappointment. This is not to say that you can't set goals that really challenge you physically and mentally. It is simply important to be honest with yourself in regards to what you can and can't accomplish. The last thing you want to do is set yourself up for failure.

BE SPECIFIC

The next big problem is that most of our goals aren't specific enough. While it may be okay to right "lose weight" on your New Year's resolution list, this doesn't tell you anything about how much weight or how you're going to lose this weight. In order to make your resolution more effective, you need to be specific about what you want to accomplish. A better resolution may be "to lose 1 pound a month throughout the year," or "to go to the gym at least twice a week before work." The more specific you are about your goal, the more solidified it will be in your mind.

BE TASK ORIENTED

It's great to want to lose weight, but how are you going to accomplish it? I can almost guarantee you that the weight's not just going to melt off of you on its own. So, what do you need to do to make this goal a reality? For each resolution you have on your list, write at least ten action items that you must do to accomplish your goal. Here is a sample list to help you get started.

Resolution: "Lose 1 pound a month throughout the year"

To Do List:

1. Make an appointment to see a nutritionist (February 1st)
2. Get a physical check-up (February 5th)
3. Join a gym (February 6th)
4. Make an appointment to see a physical trainer (February 7th)
5. Begin going to the gym twice a week (February 11th)
6. Join a cardio kick boxing class (February 18th)
7. Eat less than XXXX calories per day based on recommendation by nutritionist (daily)
8. Eat more small meals throughout the day, rather than two or three big meals (daily)
9. Take doctor approved multivitamins (daily)
10. Walk everywhere possible instead of driving or taking elevators (daily)
11. Get some small weights and a workout video that I can do at home on days I don't feel like going to the gym.

This is just a sample of course and you should make sure to check with a doctor and other healthcare professional before starting any new program (See how I just snuck the disclaimer in there). But I want to point out a few things. First, notice that there are dates next to a lot of the tasks. This is really beneficial because it

helps you set smaller goals as part of your larger objective that are easier to accomplish and very tangible. Also, there is a great feeling that comes with being able to check off one item after another as you progress towards fulfilling your resolutions. Second, notice that each item is fairly specific. Some of them are simple one-time action items, while others may be ongoing, but they are all very action oriented. By breaking down your resolution into more easily achievable chunks or tasks, you are getting one step closer to success. As you progress, make sure to keep updating the plan and adding more items to it.

BE STRONG

One of the reasons people fail with their resolutions is that they don't adequately foresee the obstacles they may face along the way. Try to come up with a list like the following:

1. My co-workers always go out to lunch to unhealthy places and I might want to join them.
2. My family eats unhealthy foods, so it'll be difficult to get healthy meals at home.
3. The gym is far from my house, so it takes a long time to get my workout done.
4. I really crave chocolate and don't think I can remove it from my diet.
5. I'm out of shape so working out may be difficult for me.

Once you've completed the list, take a look at each obstacle and come up with a plan for how you will overcome each one. It is of paramount importance that you figure out possible solutions to each of these obstacles, otherwise you'll end up falling prey to one of them. It's also important to realize that life is filled with ups and downs and it's rare to be able to complete a difficult goal without stumbling a few times along the way. Perseverance is the key here. You're taking a big step to accomplish a big task, and that requires strong, continued commitment.

BE FORGIVING

You won't always hit your mark on the first try. As soon as you realize that you'll most likely have some good days along with some bad days, you can stop beating yourself up when you're in a slump. Forgive yourself when you stray off the path and find ways to encourage yourself to get right back on. Blaming or feeling negatively towards yourself will only make matters worse and make it harder to finish what you so boldly started. Instead, figure out what got in your way and come up with a revised plan of action to achieve your goal.

BE HAPPY

This is the most important thing to remember. All that we do in life is in vain if we're not happy. If you're absolutely miserable doing your resolution, you'll not only find it more difficult to stick to, you'll also build up more resentment towards it. This in turn, will make you even less likely to ever finish the goal. Of course, sometimes we have to do something for health reasons that may seem terrible in the short term, but that will bring happiness at a later time. I believe strongly that to accomplish anything in this world, you have to have the right attitude. Life is short and you should choose resolutions that will enhance your life by making you healthier and happier.

As the Vulcan saying goes, "Live long and prosper."

If you're interested in learning how to meditate to really help you with your New Year's Resolutions, check out my course at the link below.

[Simple Meditations for Complex Times](#)

Anyway, thank you for your time and don't forget to check out my blog for all of the latest tips and tricks for relieving stress and having a happy, healthy life.

[Ali's Blog](#)