



## **New Year's Resolutions – Sue's Top 10 Tips for Success in 2010**

**If you want to be one of the 10% of people who stick to their resolutions – then read on!**

### **1) Make only one resolution**

The chances of success are much better when you channel your energy into changing just one aspect of your behaviour

### **2) Visualise**

Sit down, relax, and really Imagine what it would like to achieve your goal. Go into detail – how would it feel? What would you look like? How would your life be?

### **3) Make a list of pros**

Write down everything you've visualised – go into as much detail as possible about the impact achieving this goal would have on your life. It will help to keep you motivated – and you can keep adding as time goes on, and refer to it whenever you need to.

### **4) Keep the resolution SMART (specific, measurable, achievable, realistic and time based) – and write it down!**

Rather than just making a vague statement like “I want to lose weight” set yourself a target weight, and a timescale to reach it in – say three months – and put it in a diary

### **5) Work backwards**

Once you have the goal written in a diary, work backwards from that date, setting mini goals along the way (say a pound a week) – that way the end goal won't seem so daunting

## 6) Track your progress

Keep a track of each of mini goal – they are easier to keep and each small achievement along the way will help keep you motivated

## 7) Reward yourself

And this doesn't mean with food if you're trying to lose weight! For each mini goal why not reward yourself with a new lip gloss or treatment?

## 8) Go public

Tell your friends, families and colleagues and ask them for their support – especially when you feel your resolve weakening! The ideal would also be to buddy up with someone who shares your resolution – and to be there to motivate each other.

## 9) Be persistent

Research shows it takes around 21 days for a new activity, such as exercise to become a habit, and 6 months for it to become part of your personality. So stay with the bigger picture that is your goal - and give yourself a break if you slip up along the way – you're only human!

## 10) Ask for help

If all of this is a lot to take on and you feel you would benefit from some help – why make it hard on yourself? Ask for help! If that means taking on a personal trainer, coach or buddying up with a friend for a few months – then do it. Make it easy!

**Sue Belton is a Certified Life Coach who helps people make *permanent* changes in their lives.**

**To book your free no obligation consultation with Sue contact her on [sue@suebelton.com](mailto:sue@suebelton.com) / 0845 2503 352 (UK local rate)**