

How to Make Attainable Resolutions

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At this time of year, many people start the New Year with high hopes and a list of resolutions of how they will improve themselves. Many times, what starts out as a positive effort, ends in failure a few months later. By taking the extra step of turning a resolution into a set of attainable goals, the chance for success goes up exponentially.

Put simply, a goal is an objective. Any goal that you make should have several characteristics. First, your goal should be specific and measurable. Saying that you are going to “lose weight” is nebulous. Instead, if you express your goal in concrete terms, you can measure your progress along the way. “I will lose 25 pounds” by May 1st, 2006 is very specific and something you can measure. You can also break this down into smaller mini-goals. Second, your goals should be realistic. Think; REALLY think before you decide on a goal. Can you do this? Are you really committed to make this happen? Do you understand and accept all that it will take to attain this goal? If the answer is no or maybe, scale back the goal until you feel that you can definitely do it.

Now that you’ve decided on your goal, how are you going to get there? One of the biggest impediments to attaining a goal is not setting aside the appropriate amount of time. Stephen Covey, the author of the highly acclaimed, Seven Habits of Highly Effective People, refers to this time as Sharpening the Saw; the time for your self-renewal. Like a saw that is never sharpened, we get worn down if we do not take time to replenish ourselves. By taking time for yourself you’ll soon notice improvements in every other aspect of your life: more energy and patience, less stress and exhaustion.

Now, take the time to look at your New Year’s Resolution again and apply the principles mentioned above. Set a date you want to attain it by, break the Resolution into realistic goals. Keep track of your progress on paper and adjust your goals accordingly. If you have a bad week don’t spend time looking backwards, figure out what you could have done differently and move forward. Now get started!

Have a great New Year and if you need assistance working toward your fitness resolutions give us a call. We’re offering a great New Year’s special. Call Deb or Dave Brown at 303-816-1426 or visit www.onthemovefitness.com.