

Smart goals and new ideas to make 2012 a successful year



Here we go again- it's a brand new year and we are all busy making resolutions and setting goals; may this be the year we all achieve what we set out to do! A new year makes us think of new beginnings, fresh starts, a clean slate; so we start

thinking about working out, eating right, cleaning out that junk drawer, learning a new skill- whatever it is that's important to you. So how do we get there from here? What can we do to improve our odds of success? S.M.A.R.T. goals can help.

SPECIFIC goals target where you want to go and also how you are going to get there. My goal could be "lose weight and tone up", but that's kind of vague when you think about it; a specific goal would be lose 20 pounds of body fat, and drop two sizes. Specific goals tell you where you are going, and they can tell you how you are going to get there, so my goals could be to lose 20 pounds and/or two sizes by attending classes at my gym three days a week and eating a healthier diet (still kind of vague, but we'll get there).

MEASURABLE goals tell us how we are doing. If my goal is to be in class three days a week, I know how I did every week. I can keep an exercise journal to track my workout progress, and I can begin to keep a food journal to become more aware of my eating habits- is my diet healthier? What can I do to improve my eating habits? What additional changes will I need to make?

ACHIEVABLE goals are within our grasp, but we need to believe that we can get there. Can I lose 20 pounds, attend class three times a week, and begin to eat a healthier diet? How important are these things to me? What is the 'payoff' for me- how will I feel about myself by achieving them? I think many times this is where we get trapped- we are specific and know how to measure where we are, but we have trouble 'owning' the goals, and believing we can achieve them. If the war is in your mind/heart, start convincing yourself that you can do it!

REALISTIC goals are do-able. Attending classes three days a week is well within my grasp; hitting the gym every day may not be, and it may set you up for failure. What happens a month from now when you accidentally sleep in? Losing 20 pounds in three months is specific, measurable, achievable and realistic. Losing 50 pounds in three months is specific, measurable and achievable, but may not be realistic, given what is generally considered to be a healthy weight loss per week. Be sure your goals support your success!

TIMELY goals have a date to shoot for. My goal is to lose 20 pounds by March 31. Having a deadline keeps you focused; we all work better if there's a deadline- a little pressure can be a good

thing, just be sure it's a *little pressure*. Think how you will feel when you get there!

For most of us, reaching the goals we set for

ourselves is not what stops us...What stops us most of the time is that we don't start SMART.

Till next time...



The CHOCOLATE Cafe

Discover the Taste of Sheer Indulgence



Gourmet Chocolates and Brownies

5465 Main Street, Suite A
Zachary, Louisiana 70791
(225) 654-0986

Email: thechocolatecafemail@gmail.com

(OPENING SOON)

