



## New Year, New Now!

There's always a sense of newness that accompanies the start of a new year: new beginnings, new intentions, and the traditional New Year resolution(s). A resolution is nothing more than a decision to do or not to do a particular thing.

According to a recent *U. S. News & World Report* article, an average of 80% of New Year's resolutions fail by the second week of February. One of the main reasons, according to leading psychologists and fitness experts, is the lack of a game plan, i.e., goals.

A decision without action, discipline, and consistency does not—and will not—lead to the desired end state. This is why resolutions don't work! A resolution in and of itself doesn't require discipline or commitment, but goals do! It takes realistic goals, a plan for execution, and discipline in order to reach your health goals.

You are responsible for your health and wellbeing. No one is responsible for creating goals for you but you. Begin by asking yourself, "WHY? Why did I make these resolutions in the first place?" Your WHY is where you'll discover your motivation to set realistic goals for the change you desire to see.

Let 2021 be the year of your NEW NOW! Ditch the New Year resolutions and make this the year you take responsibility for your health and happiness. I challenge you to let your "WHY" motivate you to set realistic goals for the change you've been desiring to see for sometime.