

NEWSLETTER

Changing your lifestyle one bite at a time

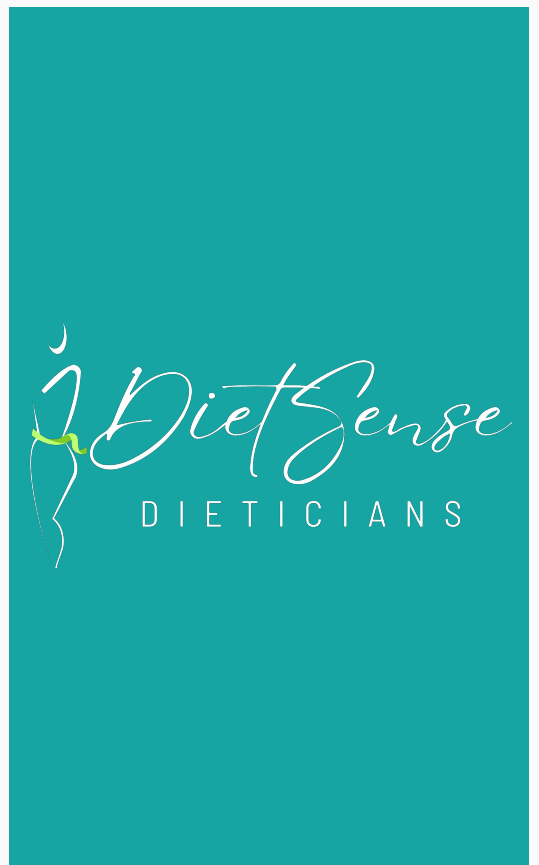


Kicking Off 2024!

FACT: ONLY ONE IN 10 PEOPLE WILL SUCCEED IN ACHIEVING THEIR NEW YEAR'S RESOLUTIONS.

How do I improve my chances of a positive outcome?

Psychologists have found that we are more likely to succeed if we break our resolution into slammer goals that are specific, measurable and time-based. You have to set a specific time limit in which you want to achieve a REALISTIC goal e.g. I want to lose 3kilograms (realistic) by middle February (time frame).



A few make of break pointers:

1. Decide on a single goal. Your chances of success are much greater when you channel all your energy into changing just one aspect of your behaviour. Don't wage a war on too many fronts!
2. Be specific. Instead of vowing to "live healthier" (too vague) decide to improve your snacking habits on weekends.
3. Don't run with the crowd and go with the usual resolutions. Instead think about what you really want out of life and why.
4. Knowing "the why" is crucial to keep yourself motivated. Regularly remind yourself of the benefits of achieving your goal by creating such a list.
5. Share your goal with your family and friends. You are more likely to get support and will want to avoid failure.
6. Break your goal into a series of realistic steps, focusing on creating sub-goals that are concrete, measurable and time-based.
7. Give yourself a small reward whenever you achieve a sub-goal, thus maintaining motivation and especially a sense of progress.
8. You need to SEE your progress. Make your plans and progress concrete by keeping a handwritten journal, completing a computer spreadsheet or covering a notice board with graphs or pictures. It is a fact that more people who keep record succeed.
9. Setbacks are inevitable. The key is to get back on the horse the very next day.



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