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New Year - New You!

Happy New Year!

Have you uttered those words yet? The words you said last year- that this **IS** the year that you **ARE** going to get in shape?

This email is going to show you how to make sure your goals really do become a reality this year. The techniques which follow are tried and tested strategies for effectively setting goals and achieving them - faster than you ever thought possible.

- Know exactly what it is that you want to achieve, and why. An example could be *"I am going to lose 3% body fat by my birthday in July, so I look great in my party dress"* - this is much clearer than *"I really should lose some fat this year"*
- Be aware; what is it going to cost you to achieve your goal? You might need some equipment to workout with at home, or a Personal Trainer to help you on your journey. Aside from financial costs, what other costs are there? Maybe you'll need to get up earlier so you have time to make a healthy lunch
- Make the investment - this is where the real motivation, determination and success come from
- Write down your goals! Research has shown that people who write their goals down are **three times more likely** to achieve their goals! Furthermore, people who read their goals morning and evening are **seven times more likely** to achieve them!
- When you read your goals, visualise what you will feel like when you have achieved them - how you will look, feel, behave
- Ask yourself every day what you can do today to take another step closer to your goals, who you can ask to help you, and how you will feel when you have taken today's step. Then review this later on in the day - have you taken your step today? If not, why not - and can you still get it done today?
- Get some support - this can be from friends, family or your Personal Trainer. You need to have someone to rely on when it gets tough
- Reward yourself! If you achieve your goal every day for, say, a week - treat yourself. Not to a kingsize mars bar, but perhaps to a massage, a facial, having your hair done or a new pair of shoes...

Try it, and let me know if you find it as inspiring as I do!

Best wishes,

Heather

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