



# Six strategies

to keep up with your  
new year resolution

1

**Give it a  
clean start  
for a month**

No excuses! Give yourself no exception and build a strong habit for 30 consecutive days before making any change to your resolution...starting today!

2

**Pairing**

This one is one of my favorites, and it's from Gretchen Rubin in *Better Than Before*: create a pair between your resolution and an unrelated activity. A successful pairing could be doing 4 planks each time you're waiting for the water to boil and your green tea to steep. Enjoy ;)

3

**Being  
accountable**

Inform the whole wide world (AKA your facebook friends) of your resolution and keep them posted on a regular basis, or send your hubby or best friend a text each time you're practicing, until the habit is set.

4

**Don't think**

Rationalizing is your worst enemy: for exercising, just put your sneakers on right after the alarm rings! Don't allow yourself to rationalize and find excuses.

5

**Commit,  
don't try**

Saying "I commit to spend 10 intentional minutes with my kids before night time for the next 3 months" is slightly different to just trying, don't you think ?

6

**Find joy in the  
process, not  
the result**

This strategy is my favorite of all times. Quitting snacking is hard enough, especially when it's not your first try! Enjoying each step of the way, like the taste of savory quality food during your meals for example, is the only way to make the new habit a sustainable resolution!

**Which strategy will you try this year?  
Which one will be your favorite?**