



Why New Years Resolutions Fail (& How to Make Them Successful!)



Let's start this out by saying we are all about positive, healthy changes and we definitely aren't trying to start out the new year with a negative perspective. However, with a staggering 88% of people giving up on their resolutions before the new year celebrations have finished it seems, we're taking a look at why those resolutions fail and more importantly, how to succeed with goals into the new year.

You're Treating a Marathon like a Sprint

While slow and steady isn't always the most exciting news to report, it is hands down more effective than the quick fix mentality. It's been proven, small changes work better, are easier to maintain and are far less intimidating than doing it all at once. When you start seeing successes, no matter the size, they are motivating to keep going.

So what does that look like? It means if you are trying to eat healthier, start the first week by swapping out high calorie, high sugar drinks for more water. The next week you could try adding in more produce and looking at your protein levels. All of these changes add up and just remember that they don't have to happen all at once.

You're Making Commitments Based on Other People's Expectations

Too often, we worry about what other people are thinking instead of asking ourselves what makes us happy. Sometimes it's just a matter of finding the "why" behind each goal. If your goal is to look better in a swimsuit, ask yourself if it's because you want to feel more comfortable with your friends at the pool or if its because you want to be healthier for your kids. Finding the reason behind the goal will help steer your course towards success.

You Don't Enjoy the Process

Some people feel like just because it's the beginning of the year, they need to set goals. If your heart isn't into it, change will never happen. The most motivated of us can't stick to a plan we hate. Try finding a way to make whatever your goal is more enjoyable. If your goal is to add more exercise into your life, find a friend who is fun and reliable to hold you accountable and make it more enjoyable. Find a class that makes exercising fun. Or even setting a goal to explore different parts of your neighborhood can make your goal something you look forward to and not dread.

You Let Bumps in the Road Derail the Entire Course

Nothing ever goes perfectly according to plan. But if we let those bumps stop all of the progress already made, there's no way to achieve goals. One thing you can do to help see the positive is journaling. By

using a journal to write down every success and every failure, you can start to recognize patterns. The key to successful journal keeping is to not make excuses when you fail. Acknowledge it, figure out why it happened and then move on. Once you start seeing the small victories, the bigger ones will start to follow.

So this year, instead of making new years resolutions, think about making all year long goals. Real goals don't start on New Years Day, but are something we do everyday. Cheers to reaching goals and successes to come in 2020!

- Kristen



We Want an Update!



Loosen That Lower Back

Keep Us in the Loop!

Starting on January 2nd, we'll be asking all of our patients to verify their most current information. Things like addresses, phone numbers and emails are extremely important for us to have. Also, if you use insurance, please bring in your card for us to verify all benefits, especially if you've received a new card and most definitely if you have switched plans! Thanks so much for helping us help you!

Has Your Lower Back Felt Tighter Than Usual?

Are you having tightness in your lower back between adjustments during the winter season? During winter we typically see more lower back injuries due to slipping, falling and shoveling as well as other activities that are outside of peoples normal routines. If you are having tightness in the lower back you can utilize stretching in the hamstring, quad and gluteal muscles. These muscles connect to the pelvis and can have a large bearing on how your lower back feels during the day. If you have any questions, just ask Dr. Chris to show you next time you're in!



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