



How do I do it

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You have decided to make major changes in your lifestyle – for a better you. So, how do you do it?

For a better life you know you must do certain things (such as exercise, eat better, quit smoking, lower stress, and so on), but how do you do it? Jumping in and immediately trying to run five miles every day and going on a strict diet, is a plan for failure.

Five Steps for helping you do it:

- 1) **Be realistic.** If you set your expectations too high or hold yourself to unattainable goals, you will become frustrated and quit your improvement plan altogether. If you are 40 years old and have never really exercised, don't expect to be an Olympic athlete within the year. Set a realistic goal.
- 2) **Take small steps.** For example: Reduce your calorie intake a little every day, do not try cutting in half what you eat, and gradually work on your calorie intake. You are trying to establish a new lifestyle; your habits have been forming over many years, and major change does not happen overnight. If you want to run a marathon one day, don't start by trying to run five miles a day, when you never run a mile before. Start with shorter distances, then slowly work your way up to your goal.
- 3) **Enjoy your new lifestyle.** You must enjoy the changes you are making to your lifestyle. If you don't enjoy them, you will not stick with your plan. Part of your new lifestyle must be to enjoy your new life, if you don't why change? If you hate going to the gym; don't, there are many ways to get the exercise you need, including walking swimming, playing softball, etc.
- 4) **Failure is OK.** Everyone fails at their plan at some point. Don't worry about it. Just go back to your plan. You should acknowledge the occasional lapses that occur when you are developing your new lifestyle plan. So you worked late and could not exercise or you are out of town and could not meditate – no big deal. The important thing is to get back on the plan – when you can.

5) **Stay focused on your health.** Constantly remind yourself, that good health means a good life. Your exercises will relieve stress and allow you to do the fun things in life. A good mental attitude means a good life.

So, good luck and you will only fail if you stop trying.

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