

Resolutions for the NEW YOU!

The beginning of a new year is a great time to think about where you have been and where you want to go on your weight loss journey. Did you overindulge throughout the holidays? It is customary to “get back on track” with the start of a new year. This year, strive to make meaningful changes.

For resolutions to work, the changes must have real meaning for you and must be planned out meticulously. Without planning and meaning, you will find that your resolutions become “wish list” or “if only” items.

Resolution comes from the word “resolve” and means to make up your mind or to decide firmly. Although you may have decided to make changes, did you put the time in to devise a plan? Having an idea of how you will handle challenges is the key to being successful.

Here are some tips for keeping your resolutions:

1. **Think behavior!** Instead of vowing to lose weight, choose a behavior that will help you to lose weight. Examples of goals might be: Eat 5 servings of fruits and vegetables per day or keep a food journal each day.
2. **Pick one or two specific goals** – Rome was not built, nor destroyed in a single day! You will have better luck fulfilling one or two goals than you will with a list of fifty.
3. **Choose your words carefully – and be nice!** Your resolution should be something you want to do, not something you have to do.
4. **Make a plan.** Repeat three times: Make a plan. Make a plan. Make a plan. Let’s say you are trying to increase your fruit and vegetable intake, you might develop a plan that included:
 - a. Surf the internet to find new recipes for fruits and vegetables.
 - b. Make a list of all the recipes and different fruits and vegetables that interest you. Make a list of vegetables and fruits that you haven’t tried, but would be willing to try.
 - c. Pick one recipe to try each month. Have a vegetable or fruit of the month and encourage family members to be a part of the plan.
 - d. Keep fresh, frozen, dried and canned fruits and vegetables on hand.
5. **Write it Down.** It helps to write down your resolution and your plan of action. Place it on the fridge, in your car, on your desk – wherever you know you will see it. Read your goals each day and take a minute to picture yourself being successful.

_____’s **New You Resolution**

Surgery for weight loss is a new chance for a new me. This year, I will
_____. I’m doing it for _____, because I
want to feel _____. I want to look
_____. And I want to know that _____.
This is the year I will make it happen.

I know it won’t be easy, but this is the year I’ll overcome the things that have
stopped me in the past, such as _____, _____,
and _____.

This is the year I’ll dedicate myself to my weight loss journey. I’ll do whatever it
takes to make it to my goal and stay there, including _____,
_____, and _____.

I’m resolved, and I’m going to do it: This is the year I’m going to make my
dream come true, my dream to _____. This is the year!

Signed,
