CONSUMED

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7 Steps to Magnetic New Year's Resolutions

By Michelle May, M.D.

Your New Year's Resolutions should be like powerful magnets that draw you toward them. The following seven steps will help you create inspiring goals any time of year and a map for reaching them.

1. Create Space. Invest time and space to think about your present life and set goals that will bring you greater health, happiness and fulfillment. As part of your resolution-making process, decide how you will carve out space daily to accomplish your goals. Most of us can easily find the time in the wasted minutes we spend on unproductive activities like watching TV or surfing the internet. Some of us will need to get up a few minutes earlier or say no to joining another committee.

When I will work on my goals:

_____
_____
_____
_____

2. Consider Your Values. What is truly important to you—family, friends, health, career, achievement, contribution, spiritual growth? When you are clear on what really matters, you'll willingly invest your valuable time and energy pursuing meaningful goals that are congruent with your principles and values.

What is truly important to me:

_____
_____
_____
_____

3. Be Inspired. Go for the shiver-factor: If the thought of achieving your goal gives you a little shiver of excitement, you're on the right track. Your goals should act like a magnet that draws you toward them. (Hint: If you are repelled by the thought of working toward a particular resolution, start over with a new goal that excites and challenges you.)

A goal that excites and challenges me:

_____
_____
_____
_____

4. Predict Your Future. Close your eyes and project yourself into the future. Imagine what it's like as you achieve your goal. Picture how you feel, think, look, and act—as though it's happening this very moment. Create a vivid, exciting image of yourself living it out then return to this vision frequently to maintain the pull your goal has on you.

How I'll feel when I achieve my goal:

_____
_____
_____
_____

5. Set Mini-Goals. A magnet cannot attract an object that's too far away to feel its pull. Goals that feel too far from where you are now quickly lose their attraction. Therefore, create achievable mini-goals that are within reach but challenging enough to pull you toward your larger goals.

My mini-goals:

_____
_____
_____
_____
_____
_____

6. Give your brain a map to follow. Write your goals and mini-goals in positive, present terms using specific details. For example, instead of "I won't eat sweets anymore," try "I enjoy eating fresh fruits and vegetables at each meal to support my energy, health and ideal weight." You can also create a collage of pictures. Put your goals in a place where you will see them often—you'll be amazed at how these concrete words or images begin to manifest themselves in your life.

My goals (positive and in the present):

_____
_____
_____
_____
_____
_____
_____

7. Be flexible and creative. Use your goal as your compass and your map to chart your course but be open to new paths to your goals. Obstacles and detours are a natural part of change and provide important learning opportunities. When you are patient and gentle with yourself, you'll discover creative solutions that help you grow beyond anything you could have imagined.

What I am learning about myself:

_____
_____
_____
_____

As you become clear about your goals and more mindful about the process, you'll see that you are not only drawn toward your goals but your goals are drawn toward you.

Michelle May, M.D. is a recovered yoyo dieter and the award-winning author of *Eat What You Love, Love What You Eat: How to Break Your Eat-Repent-Repeat Cycle*. Find additional articles and resources at **http://AmIHungry.com/**.

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