

Don't Stop Short of Your Goal

Or.... It could be hard to get back on....

Through my years of coaching, I have found that for those clients who take a break from the program or stop short of their goal have a hard time getting back on program. Why? One reason may be that they don't recalculate where they are right now. So many times people think they will just get started like they did before and find they don't have the same motivation as they once had. The reason may be that they have already changed, they are not in the same place as they were when they first got started. They weigh less, have less aches and pains, people are telling them they look good, etc. Yesterday is yesterday, and today is today!

Before getting restarted, you need to know your current reality. If you don't know where you are, then you can't plan ahead and make new goals for yourself. There should be some tension between where you are and where you want to go; this will give you the "why" to keep you focused and help you stick to your program no matter what. Next, write out all the actions you will need to do in order to reach your goal. Decide that you will do these actions no matter what happens. Make the decision that nothing is more important than your health.

Please get Dr. A's book, *Dr. A's Habits of Health* and its companion guide (go to **Shop Now** on your TSFL webpage). It is a must! The first six chapters will get you geared up for success! The rest of the book teaches you how to live healthy for the rest of your life.