

## *Inspirational Emails*

### **Resolve**

*The difference between making a goal  
and resolving to accomplish it.*

**Got Resolutions?** *Want to lose weight? Get a better job? Spend more time with your family?* At this time of year **it seems that we all have new and exciting goals.** However, for many of us, **they are truly only goals and not goals we've resolved to achieve.**

If you really want to achieve your resolutions this year, **first you'll need to decide what you really want** and/or need to attain.

Many times we want to achieve a variety of things, all of which we would genuinely like to achieve, **but because we're not totally committed to them we don't achieve these goals.** It sounds oversimplified, but if you really want to lose weight or improve a relationship **you have to be committed in mind, body and**

**soul.** For instance, if you are not fully committed to say, losing those ten pounds you will not cut back on food and exercise regularly. Speaking of weight loss, how many fellow Americans do you know who have lost their extra weight, only to gain it all back again? Are you committed to losing the weight? Great! But, are you committed to keeping it off and being healthy for the rest of your life? **That's a different level of commitment.** So don't make a resolution unless you are really going to follow through. **You cannot fail if you truly make the commitment!** Makes sense doesn't it?



**After you've decided what you're really willing to accomplish you'll need to decide what to get rid of.** Nobody is Superman. The fact is that none of us can do **everything.** So **if you're creating a new goal in your life you will most likely have to cut out the things that are less important to you.** Using the weight loss example: if you've committed to exercising ½ hour every day maybe you'll need to carve that time out of your TV watching allotment (or maybe combine the two). **Changing your life really does require change...believe it or not.**

**Now decide exactly what you want your outcomes to be and decipher exactly how to achieve them.** If you don't know how to get there start looking for resources, read books, surf the web, etc. God on the Net has some fabulous **articles** and **books** on a variety of subjects. Then **write down your goals** and **determine what you'll need to do** on a **monthly, weekly** and **daily** basis in order to achieve those goals.

Now, **of course from time to time we all make a mistake** or miss a work-out session, or whatever. While you'll need to do your best to keep those "slip-ups" to a minimum, **realize that nobody is perfect,** but as long as you're staying on track you **will** achieve your goals.

