

Getting a Fresh Start for the New Year



The Mecca of Black Wellness



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Well, here we are at the end of another year. The end of one year, and the beginning of another often causes people to reflect on accomplished goals, unfulfilled dreams, and resolutions for the New Year. We've all been there before—making grand proclamations in December about what we will do differently in the new year, but by the time March rolls around, we can barely remember what our resolutions were or we feel overwhelmed with trying to accomplish everything we set out to do. Well, this year Black Mental Wellness wants to help you achieve all of your goals in the coming year. These tips should help you get 2019 off to a great start and stay on track!

- 1. Identify your goal(s).** Start with spending a few minutes listening to that voice inside of you that keeps nagging you, keeps challenging you, that one that sometimes makes you feel a little guilty about a behavior you are doing too much of or not enough of. Spend some time reflecting on the parts of yourself that are asking for a change. For example, maybe that voice is telling you, “take better care of yourself.”
- 2. Break it down.** Transform that voice into a big measurable goal. For instance, your goal may be to “take better care of yourself by exercising four days a week for 20 minutes per day.” After identifying your goal, you would then break that big goal into four smaller measurable goals. For example, you may plan to exercise 1 day a week from January to March, then 2 days a week April to June, 3 days a week from July to September, and finally 4 days a week from October to December. By the end of the year you will have achieved your big goal by setting smaller, measurable goals.
- 3. Get physical.** Write it all down...physically...with a pen and a piece of paper. The act of physically writing your goal, significantly increases the likelihood that you will remember it and follow up with it. Take a picture of what you wrote down. Every morning when you wake up and every night before bed look at that picture. Visual reminders will continue to motivate you toward achieving that goal.
- 4. Be accountable to someone.** After you write down your goals, tell someone what they are or share them on your social media platform. Having someone keep you accountable, can help you stay motivated to work toward achieving your goals, especially when you need a little nudge to keep going.
- 5. Get your mind right.** No matter how prepared you are for achieving your goals, life happens and set backs occur. If you fall short by missing a day, a week, or even a month, be gentle with yourself and re-start where you left off. You only fail, when you fail to try. And finally, celebrate victories within the same category of the goal. For example, don't celebrate exercising with eating unhealthy food. Celebrate with a new workout outfit, new weight lifting gloves, or a fancy new water bottle.

In summary, the key to your success, is to identify your motivation, make small measurable goals, frequently revisit your goals, and have a mindset of both success and patience. You are closer than you know to your better self. Now go grab that pen and paper!

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