

FOCUSED | INSIGHTS

Habit

noun

a settled or regular tendency or practice, especially one that is hard to give up.

When they say at the start of the year, “I’m going to...” start exercising, eat healthy, get organized etc. How do people make it happen?

Reading through our Focused Insights program you should be aware of some simple goal setting principles that will help you stick to your New Year’s resolution.

Have you found yourself sticking to yours?

As you read this you maybe have slipped up a few times or maybe have conceded defeat, you might feel frustrated, but it is not too late to make your New Year’s resolution a habit. Here are 3 tips for creating that habit.

1. Start small(er)

You may have gone for a big behaviour change and as we have discussed in our recent blog, this is not easy.

Couldn’t manage two gyms classes a week? Do one class a week. Tried walking to work every day? Do every other day. You are not conceding defeat by doing this, you are being smart about changing your behaviour.

As we have discussed, changing behaviour is not an easy task, it is harder than not changing, so allow yourself this degree of flexibility if you are struggling to stick to your New Year’s resolution. Consistency and sticking with it is key.

2. Stack your habits

What habits do you have already? Do you already get up in the morning and have a coffee? Do you leave work and often ring somebody? Link these existing habits to your intended new habit.

If we take the example of attending a gym class, say to yourself that “If I leave work and ring my best friend/significant other, I will attend a gym class”

Ring them on the way to the gym class. Let them know that is where you are going. This is how we can stack our existing habits to help us adopt a new one.

3. Make time

It seems an obvious one, but we need to schedule in time for our habit. So, if your habit is truly important to you, let your calendar reflect that. Give it space in your schedule, just like you would with an important business meeting. Protect his time, do not put anything over it and give time either side of it.

This can seem especially difficult with the busy lives we lead, but think to yourself, what is the one thing if I do today... it will make me happy?

Often that one thing is linked to your New Year’s resolution and being successful with it, so take steps to move towards it.

Check out the rest of Focused Insights for the month of January and see how you can be successful with your New Year’s resolution. Next month we will be taking a look at how you can take steps to put your nutrition back in focus.

In pain, why not make sue of your 10% discount at Physio Focused, see more details below.



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