

So... What if I Can't Keep to My Goals?

~~By Chef Jen, RDN/LDN, RYT-200

We're going to play a game now. It's called the "So What" game.

We are starting week #4 of 2021 and usually around now, might be the time that you start to lose steam with your new year's resolutions/goals.

This is where the game starts:

So what if you haven't accomplished what you've set out to do?

Answer that with "So [insert answer to question here]. Then ask yourself again, "So What?"

Let me give a little example:

I haven't worked out everyday like I had resolved to.

"So what?"

So, I made that commitment

"So what?"

So, it means I can't do it.

"So what?"

If I can't do it, I'll never be able to...[fill in the blank].... Or I have tried so many other times to do this, so I'm a failure.

"So what?"

First of all- Failure is a matter of perception.

Secondly, answering this question is where you can get to the root causes of your motivation. Especially if it's coming from a place of self loathing.

What will happen if you do not workout every day? Your body needs time to rest and repair. So, nothing will happen if you miss a day or take the day off.

Have you completely messed everything that you've worked on these past 3 weeks? Nope.

Ok! Let's take a moment to take a big, deep inhale and exhale.

Here is where you can start to turn your thinking around:

What have you learned from this?

Is it that you need to drop down to 5 times a week, or 3 times a week? As I've said, your body does need that time to rest and repair afterwards. If you are so beat and fatigued in the morning when your alarm goes off, then maybe re-assess the situation.

Set yourself up to be successful. It's ok to take SMALLER STEPS my friends!

I come across situations in both the yoga aspects and the nutrition aspect. I have met so many people that want to go “all in” with their nutrition and exercise/physical activity goals. This is truly a way to overwhelm yourself mentally and physically.

Here's some ideas for success:

- **make short term and long term goals separately but, your short term can lead to long term**

Example: “I will drink 3 glasses of water each day this week” (short term)

“I will drink 64 oz of water daily” (long term)

OR

“I will move my body 3 days this week” Use a trail run of different ways to do that.

Maybe one day it's walking the dog. The next day is trying a Zumba class then, the following activity day is trying a yoga class. Assess which you liked and felt was best suited for you.

Start to decrease the foods you want less of in your diet, slowly.

- Instead of not eating any salt, start out small.
Example: Take the salt shaker off the table to reduce sodium intake.
Buy a small amount of a new food and do a taste test. It's ok to not like things.
Sometimes, we need to give our palates (taste buds) time to adapt to new flavors and lesser fat and salt in the diet. Especially if you are a smoker, where it seems that it dulls taste. You can also start to read the labels on your food. Checking the serving size and sodium content can increase your awareness as to how much you are consuming in the first place. NOTE: Your body does need salt to survive!!! So not eating any salt is not healthy. It's just not eating too much of it, that's important. If you have any heart related medical diagnoses, you shouldn't consume more than 2000 mg of sodium per day. If you have no heart diagnoses, then 2300 mg of sodium per day is the limit.
- Instead of not eating any sweets at all, try selecting 1 or 2 days where you do not eat sweets. Then slowly increase the number of days you do that. I say, it's best to have this every now and again as if you tell yourself “I can't eat this at all”, you'll likely end of craving it more. That can be a setup to fail right off the bat.
- Instead of going fully vegan or vegetarian, work an extra day into the week for a meat free day.
Example: Meatless Monday! If the whole day is hard for you, then try it with 1 meal and work your way up to the whole day. Research recipes online or in your cookbooks/magazines.

One of the benefits of technology is that you can set reminder and timers for yourself. For example, my Google Nest just chimed in with, “It's 10 am! Time to take a 10 minute break. Get up and move around.” You can adjust yours to best suit your needs. Maybe set a timer on your

phone to stand up and do 20 squats OR take a drink of water. Something additional that may help is to text a friend to do it with you. I love accountability partners! It can add some healthy competition (if your motivated by that) and give you kind reminders or inspiration to keep trying to accomplish your goals.

If you don't like technology and don't have someone that you can use as an accountability partner, there are still options out there. You can get an inspirational water bottle like these:



Or keep a daily water tracker sheet. That can be applied to exercise routine and also to healthy eating. This [website](#) has a lot of good ideas for that!

So, what will happen if you have “failed”?

So, what have you learned?

So, what happens next?

You now have awareness and new found strength. Use that for renewed determination to keep at it! It was just a slip up and you are allowed that. Take the moment to reassess what happened and how you slipped and maybe keep a journal while you are on this track.

Pick yourself back up and get back to it. **YOU'VE GOT THIS!**

Eat Well, Be Well, Be kind to yourself, walk your dog and Bon Appetit!

~~ Jen

