

Make 2015 the Year you achieve your
Health Goals

CHANGE to WIN

Happy New Year

I want to wish all my clients, friends and colleagues all the very best that this new year has to offer. I haven't prepared any Newsletters since the summer of 2014, for which I apologise to those who have been expecting them to arrive in their email inboxes. I have however been busy in the background working on several health initiatives which I will be sharing throughout 2015 and beyond.

My message in this first newsletter is simple:

IF YOU WANT THINGS TO CHANGE YOU NEED TO DO THINGS DIFFERENTLY.

First we need to identify what we want to change; our weight, our habits, reliance on unhelpful substances.

What habits have caused us to want to change and what new behaviours do we need to adopt to achieve our goal. It is a little like planning a journey - without a destination in mind there is little point in setting out. We also need to be realistic in our expectations both of ourselves and the goal we are setting. One of the main points I will be focusing on is not to overwhelm ourselves with setting too many goals at once. Many of us are more likely to ditch an unwanted habit in favour of a new one if we concentrate on **CHANGING ONE THING AT A TIME.**

What changes do you want to achieve in 2015?



Was this your reaction when you stepped on the scales this morning? Was your next thought - I must lose weight? If it was - change it to 'I will GET RID OF this weight forever'. When you lose something you are usually hopeful that you'll acquire it back. Tell yourself and take actions that will banish that fat forever.



Gaining support of friends can be key to staying on track. Be honest about what changes you are making and ask them not to hijack your efforts with comments like: 'one more won't hurt' or 'you're fine as you are'. True friends don't insist that you have an extra slice of cake that you don't want.



DO NOT GIVE UP! Your Health Goal journey won't be all smooth straight paths. Some of the new habits you think will work might not.

So problem solve and find different ways to build habits that suit you, your preferences and your lifestyle. Ask other people who you know have achieved their goals what worked for them.

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Our mailing address is:
|naturalmannanutrition@gmail.com|