



THE DEFINITIVE GUIDE TO  
**ACCOMPLISHING  
YOUR RESOLUTIONS**

# HAPPY NEW YEAR!

The ball dropped, the confetti flew, and now you're left with a list of resolutions to become your best self. Are you going to make it happen?

If you looked at last year's "New Year's Resolution" list, how many things did you actually accomplish? Most people's answer is, "Not many." But, who wants to be like most people?

2016 is the year to accomplish everything you've always dreamed of, whether it's improving your health, traveling somewhere new, falling in love, or changing your career.

The key to sticking to your resolutions is actually quite simple and this guide lays out all of the steps you need to do it.

Set your goals high, and have your notebook and calendar handy.

**This is going to be your best year yet!**

## 25 years' worth of experience...

Integrative Nutrition is the world's largest nutrition school. We teach students a holistic approach to achieving optimum health through food and lifestyle, and prepare them with exceptional training for working as a Health Coach. This guide is a culmination of 25 years worth of experience and knowledge guiding people to transform their lives to become their healthiest, happiest, most vibrant selves.



# HOW TO SET YOUR RESOLUTIONS RIGHT



- 1 Set Your End Goals First.**  
A new year is a fresh start, a blank page for YOU to create what you really want in your life. What do you want to accomplish in 2016? Big dreams or small—anything and everything is possible.
- 2 Make your Resolutions Specific.**  
To make your goals a reality, be very specific about what you will actually do day-to day to achieve them.

FOR EXAMPLE:

- I will drink 6 glasses of water a day
- I will go the gym 3 times a week
- I will research job options that are more aligned with my passions
- I will write a business plan by the end of the month
- I will buy a plane ticket and book a hotel for Thailand by March 30th

**By setting detailed action steps, you will set yourself up for success!**

# MAKE YOUR RESOLUTIONS A REALITY

## Think Big, Start Small.

If you want to up your exercise routine and you haven't run in years, don't aim to complete a marathon the first month. Start with a 1 mile jog and gradually build up over time. If you are working up to a larger goal, set milestones so that you stay on track. Taking baby steps will lead to big improvements over time.

Trying to lose weight? Finish your side project? Wake up earlier? Whatever you desire this year, here is the trick to making it a reality:

## Turn your resolution into a habit.

This is the key to making your resolutions stick. Here's how to do it:

- 1 Set up reminders.**  
Set your alarm, leave yourself a note, or put a rubber band on your wrist to act as a trigger that will help you remember to do what you want to do. If your resolution is to run in the morning, put your jogging clothes out the night before, so you see them when you wake up.
- 2 Make it a ritual.**  
Rituals support remembering. Try doing your desired action at the same time and in the same place as much as possible so that they soon become second nature.
- 3 Stay motivated.**  
Once you've remembered what you want to do, you have to be motivated to do it. Get a friend to do it with you, reward yourself for each completed action, and try to keep in mind why the habit is important. If you ever feel lazy and want to push it off, remind yourself why you set this intention in the first place and the benefit of doing it. Also, ask yourself, what's the downside of not doing this?

**Do whatever it takes to complete your desired task for the first 30 days.** This repetition will help the action become a habit, so you won't have to think twice about whether or not you should roll out of bed for a run; you will just do it automatically!

# HAPPIER, HEALTHIER YOU CHECKLIST

**Most resolutions revolve around health and happiness.** Whether it's losing 20 pounds or finally getting your dream job. Since health and happiness are our specialty at Integrative Nutrition, here are some resolutions that will set the groundwork for your best year yet!

- 1 Find your purpose & explore your passions.**  
What if money were no object? What would you really spend your time doing? Do that, and forget the money. You don't have to spend your life in a corporate position that doesn't fulfill you. Stick with what you're passionate about, and the money will come.
- 2 Expand your mind.**  
Have an interest or hobby that you want to know more about? Make the time to read books and speak to experts on the subject. Enroll in a course to gain greater knowledge, or even a certification in the field. Whether it's a cooking class or Yoga Teacher Training, nurture your interests and exercise your mind.
- 3 Find work that you love or a way to love the work that you do.**  
Career can be one of the most dysfunctional areas of adult life. If, at the moment, you're stuck in a job that you don't like and isn't aligned with your passion, you can still find a reason to love it. Yes, it's possible. Make your work space more attractive, identify people at work who can be allies, and avoid people who are irritating. Once you accept and appreciate what you've got, you can spend more time seeking a job that better suits you.
- 4 Replace negative thoughts with positive affirmations.**  
If you have a negative soundtrack playing in your head, it's time to erase it and replace it with a positive one. Our thoughts are extremely powerful and they truly shape our actions. Repeat positive affirmations that you want to become reality.

**5 Drink more water and less soda.**  
Your body is made up of 75% water, so it makes sense that this essential fluid must be continually replenished. Coffee, tea, and soda don't count, as they are all diuretics that actually dehydrate you. If you don't like the taste of water, jazz it up by adding a squeeze of lemon, a slice of cucumber, or a touch of fresh pressed juice.

**6 Eat slowly and savor your food.**  
How you eat is just as important as what you eat. If you're scarfing down a meal in milliseconds, you're more likely to overeat and be unsatisfied. The same can be said for when you eat at your desk. Take the time to sit, chew, and enjoy each bite that you eat. Meal time is not a time for multitasking; just focus on your food.

**7 Eat more greens.**  
If you don't change anything else in your life, just do this and you will see your health improve remarkably. Dark, leafy greens like kale, Swiss chard, spinach, arugula, and broccoli are not only packed with vitamins and minerals, they will help detoxify the body, keep you satiated, and control your cravings for processed foods.

**8 Find a physical activity you enjoy and do it regularly.**  
Movement aids digestion, assimilation, circulation, and respiration. It's crucial to any healthy person's regimen. If you don't like exercising, we recommend finding a physical activity that you enjoy. Take a dance class, join a community sports team, or seek out other fitness options besides the treadmill at the gym.

**9 Have a spiritual practice.**  
Spirituality is what gives depth and meaning to life, creating the feeling of divine order and harmony that exists beyond human limitations. For some, this means embracing the religion of birth. For others, this means exploring new avenues such as Eastern religions, meditation, or even finding spirituality in nature. People who feel connected to the big picture get healthier faster.

**10 Always be loving and forgiving.**  
If you're still holding a grudge, a new year is a wonderful time to release and forgive. Try to shift your perception of someone who hurt you from resentment to compassion knowing that each person is truly doing the best they can in their current state of consciousness. In the end, you will be allowing yourself to make room for positive feelings, while cleansing yourself of the negative.

**11 Cultivate gratitude.**  
Continually reflecting on the good in your life and expressing gratitude for what you've got will not only feel great, but will also attract more goodness into your life. Before you fall asleep, think of what makes you a fortunate person. Is it your home? Your family? Your health? Let your loved ones know you are thankful to have them in your life with kind words or a thoughtful card.

**12 Seek healthy relationships that support you.**  
Feeling loved and supported by the people in your life is a gift. When you surround yourself with loved ones who believe in you, your self-belief is even stronger. If there is anyone you associate with who drains you of positivity and confidence, let them go and make room for new, nurturing relationships to enter.

# MY 2016 RESOLUTIONS

Make your dreams your reality this year by outlining your top resolutions.  
Print this out, put it on your fridge, and refer to it often!



FINAL WORDS OF WISDOM

Shoot for the  
moon, even if you  
miss you'll land  
among the stars  
—Les Brown

## Health

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## Career

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## Life

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For more information on transforming your health and career, check out [IntegrativeNutrition.com](http://IntegrativeNutrition.com).  
You can also call (844) 780-2200 to speak to a graduate of our program.