Week 8: New Year, New Attitude

Keep up healthy habits in the new year.

Congratulations! You’ve made it to the last Maintain Don’t Gain challenge.

Over the last few weeks, you’ve added some healthy habits to your life. Now it’s time to keep those habits going in the new year. What have you learned as you challenged yourself to maintain your weight? How can you use that experience to create new goals?

Your Challenge: Write down one healthy goal (small and specific) for the new year. The best one I ever used was replacing the midday diet soda with water and lemon. I started four years ago and still do it. Small and simple, but enduring and ticks many healthy habit boxes! I still have not switched from coffee to the warm water and lemon movement, but maybe I could try for a week to see what happens?

Your Tips:

• Take a photo of yourself so you can see the progress you've made at the end of the year.

• Tell a friend. Sharing your goal with others can help you stay committed to it.

• Be realistic. Set a modest goal you feel confident you can meet. Small successes can encourage you to set and meet more goals.

Your links: [http://tinybuddha.com/blog/maintain-healthy-habits-stop-sabotaging-yourself/](http://tinybuddha.com/blog/maintain-healthy-habits-stop-sabotaging-yourself/)

Tiny Habits, BJ Fogg, TedxFremont [https://www.youtube.com/watch?v=AdKUJxjn-R8](https://www.youtube.com/watch?v=AdKUJxjn-R8)