

How to Make Changes this Year

If you are still keen to make some changes in your life this year, you should have first decided Why you want or need to make some changes. After getting firm on why you need to make some changes, you must get clear on exactly What it is you need to change first. With these first two steps completed, you are ready to make your action plan.

The duration of your action plan can vary depending on what it is you want to change. It could be that you just want to work on a plan until a specific marker is met like losing 10 kilo, getting off of a medication that is causing weight gain or until you can be free of any bad habits like smoking, FaceBook or video game addiction or feeling confident enough to get out and join some like minded new friends, a group, a class or activity. Some changes can be for a life-time so you don't revert back to the old habits you are trying to change.

So, establish a time line for your action plan.

Next, decide if you need to get professional help to be your guide to keep you on track. If you want to reduce or get rid of your dependence on medication, you must see your GP to talk you through how to get off of the meds or to guide you to successfully weaning off of them. If you want to make your body healthier to reduce the need for medication, seek out a Nutritional Therapist who can establish any deficiencies that may be causing any illnesses or diseases, balance your hormones, remove toxins or parasites, offer you suggestions to reduce your stress and start you off to building healthy new cells.

If weight loss is your "What", you must first have a professional establish why you gain and can't lose weight. I have found with several of my clients that their medications cause weight gain or they are under stress. Stress leads to adrenal fatigue, blasting heaps of Cortisol through your system that triggers your body to hold on to the fat for future use in a fight or flight situation. But, a trained, insured professional can help determine the factors to why you hold on to the weight which is necessary before you just jump on the weight loss merry-go-round of expensive meals, supplements and programs. If stress is the reason, you aren't going to lose what you need to lose no matter how many hours you spend overstressing your body at the gym, taking supplements or starving. Just see a therapist first to help you with a realistic action plan.

If your place is a cluttered mess, the chaos can inadvertently cause stress, which leads to other problems. If you dread the thought of tackling the clean-up, here, again, you may seek the help of a professional organiser or go online for helpful hints on how to organise your space. Start with baby steps. Tidy up one space at a time. Perhaps start with one of the family's favourite spots- the fridge! Get a clean eskie and start loading it with the most recent food you just got. Then move on to checking the dates of everything and pitching what is out of date or has that strange green furry stuff growing on it. Then, give it a good clean to remove that mysterious sticky stuff dribbled down the back of the fridge and all the crumbs and tiny black bits from God-knows-what. Reload.

After the fridge, plan the cupboards to remove out of date foods and wipe out the cockroach droppings in the back. But, with each area that you tackle, the planned task should only last 2-4 hours or it will just be in the too hard basket and never get started. This is where your action plan helps. You are basically booking a window of time to de-clutter, get rid of those clothes that no longer fit or are out-of-date or plan an activity,