

The “New Years Fitness Resolution” E-Book

Why this New Years Resolution Will Be Different

Dean Boukaras

CPT & Nutrition Expert

Email; dean@boukaras.com

Web; www.bodybyweb.blogspot.com

Please feel free to email this e-book to your friends and family. I think this might be one of the best gifts they receive this Christmas. The stuff in this book can really change your life for better. Do yourself a favor and read this e-book right away and take the action immediately. Make 2008 your year! Best Wishes; Merry Christmas & Happy New Year

Read the whole book and put it to use. Enjoy!!!

Broken Promises

Every year we make New Year's resolutions, only for them to quickly wear off within a few days, weeks, and even months. We try our hardest to use motivation to keep us in the game, but it goes beyond that. Motivation can only last so long, we need to know exactly what prevents us from going through with our goals.

The majority of people, approximately 95% of them don't follow through on their plans and goals, especially their New Years Resolutions. Usually because people don't set goals and they don't know how to put them into action...

You need to know why you're setting a goal and what it will do for you when you achieve it. Let's say you want to lose weight. Ask yourself why do you really want to lose weight, what will it do for you, what will achieving weight loss make you feel?

Get closer to your goals this year

- Where are you right now in your life?
- Do you want to lose more weight?
- How much? Do you want to feel healthier, happier?
- Do you want to build more muscle?
- Do you want to sculpt your thighs and buns?

These are some basic questions you need to ask yourself. Once you know what you want and where you are, then we can go on to the next step. Choosing exactly what you want is the most important step.

Let say you want to lose 5 pounds, then this would be the goal.

If you need to lose 5 pounds then this is where you are. You are in a place of being 5 pounds overweight. You need to be clear about this part and it should be as specific as possible. Remember losing 5 pounds is just an example I am using to demonstrate how to effectively set goals. You may want to lose more weight, or you might want to build muscle. Whatever it is, you need to identify it, and you need to be specific. If you want to gain muscle, then how much do you want to gain and by what date?

Overview

A few things to keep in mind

- Know what you want, this is your goal (lose 5 pounds)
- Be committed to this (is this what you really want to accomplish?)
- Put the goal into action

When you set a goal you need to get emotionally energized. A goal needs to excite you and have you jumping out of bed. In the beginning you might be going through some changes and you might feel a bit down. This might be your negative programming talking.

Get focused, gather all your resources that you need to bring your goal to reality.

Get momentum, by sticking with your goals. Get informed, how are you going to start something if you don't know how too. Seek the advice of a professional like myself, or talk to someone you know that has already accomplished what you want to accomplish.

By the way if you have questions, or need support you can email me;

dean@boukaras.com

Take Action

Start right now. What can you do right now to bring you one step closer to your goals? If you want to learn what it takes to lose weight, and achieve a better life, than your already one step ahead because you are reading this e-book.

Next you probably want to start to apply the things you learn in the book. Let's say you want to start working out, you can get a gym membership, or you can assemble your own home gym. You can start by buying a pair of running shoes; just take the first step to make your goal a reality. All of these require you to make an informed decision first. So gather the right information. If you decide to get a gym membership, then you might want to ask people from the gym if they like it there.

Past Accomplishments

Refer back to a time when you accomplished something big or small. It takes the exact same amount of preparation to achieve something big or small. So pick your goals wisely. You might as well go for big, but realistic!

- What did you want to accomplish last year that you never came around doing?
- Can you make that a reality this year?
- What do did you least enjoy last year?

- What were some of the more important decision you made last year? If they proved useful than apply that strategy here!

Write down anything you want to accomplish, even if they are goals outside of fitness and health. These rules apply to everything. What have you done in the past to overcome obstacles and challenges in your life?

These are important exercises because they will help you become more aware of how to achieve your goals, and make your dreams a reality.

If you have accomplished a goal in the past write down the steps it took you to accomplish it. In as much detail as possible. This is important because you can duplicate that system, and even improve on it.

- Did you focus on this goal day and night?
- Were you emotionally charged about it?
- Did you have a plan written out, and was it executed?

What are the reasons for you achieving your goals and why must you absolutely achieve them?

- What are your most important goals you want to achieve this year?
- What are some of things that might be holding you back from getting what you want?

What small thing can you do right now to bring your goals to reality? Could you buy a new pair of running shoes, clean out your kitchen cabinets of junk food, pass by the super market to buy wholesome foods, call a buddy and tell them you are committing to a program, get a gym membership, maybe join a support weight loss group/ forum, whatever it is that you can do right away. Even sign a written agreement with yourself, a promise to yourself that you will commit to making your New Years Resolution a reality!

[Here's a good place to start](#)

[Links:](#)

Below are some links that go into detail on goal setting!

Click Below;

- [**Part 1: How to write out your fitness goals**](#)
- [**Part 2: How to write out your fitness goals**](#)
- [**Part 3: How to write out your fitness goals**](#)

These are fitness and weight loss e-books that are highly recommended. These e-books can help you achieve your goals and save you time and frustration. These can really help you bring your fitness goals to reality, once and for all!

Highly Recommended Links

(I advise you to read through the websites)

- [**The Truth About Abs**](#)
- [**Burn The Fat Feed The Muscle**](#)
- [**Fat Loss 4 Idiots**](#)

Work out e-book link;

- [**Turbulence Training**](#)

Conclusion

I hope you follow the advice in this e-book, I know it will prove very useful. This could be your year where you make all your dreams and goals come true. This information has transformed my life and it could transform yours, but only if you apply it. I hope you have a great year in 2008, where you make all your dreams and goals come true. Please email this e-book to anyone you know that would benefit from it...Best Wishes!

Sincerely,

Dean Boukaras

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