

5 secret steps to make your healthy changes last

Healthy change can be challenging and trying to implement these things into your life can be a long process but "the journey of one thousand miles begins with one single step!" So, to help you make all the great changes you have implemented over these last few weeks stick, here are my 5 secret steps you can take, to ensure you have long lasting success moving forward....

1. SMALL STEPS

For those of you who set New Year's resolutions, I believe they are like the Olympics of goal setting! There is so much expectation to achieve this goal and pressure that when you slip up, it can be dis-heartening and the cause of your unravelling for the rest of the year. We set this big goal and never really give much thought as to how we are going to achieve it. I would advise you to set yourself up for success by taking small, tiny steps and get really specific as to what you need to do to achieve this. Such as; drinking more water. This could be a small step you practice implementing into your life for a few weeks until it becomes second nature, then you can move onto the next small step. Break this small goal down and get specific as to how you are going to achieve it, for example, you might need to buy a water bottle or keep a jug at your desk at work. Start small & get specific!

2. BE KIND TO YOURSELF! (THIS IS MY FAVOURITE)

I am not perfect, you are not perfect, the world is not perfect and that is absolutely OK! So when you wake up face down in those packet of cookies or surrounded by beer bottles, instead of beating yourself up and making yourself feel worse so you reach for more cookies as comfort, simply dust the crumbs off, acknowledge that you had a great time, but now take one positive action step to get yourself back on track straight away, such as; have a green juice, go for a walk or cook yourself a nice leafy green meal. Just do better and make the better choice. Being kind to yourself and showing yourself compassion, understanding, empathy and self-love is probably one of the most important steps you can take to make healthy changes long lasting as good health is a journey and process, not a destination.

3. DO NOT DEPRIVE YOURSELF!

Deprivation does not work and it is why I don't believe in dieting. When you feel you are depriving yourself of something, you are more inclined to crave that food or think about it more. Rather than depriving yourself by using sheer will power of the things you love in life, just find a healthier option or alternative that could be a good substitute and start to swap this into your routine. Swap white potato for sweet potato, sugar for stevia or rice malt syrup, pasta for quinoa pasta, bread for brown rice cakes, milk for almond milk or coconut milk, cheese for cashew cheese

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and the list goes on! You might even want to try swapping your morning coffee for a decaf option or herbal tea, it can often be the comforting feeling of holding a nice warm beverage that you are addicted to rather than the actual coffee itself. Experiment and find a healthier substitute for your food choices and habits that don't serve you well.

4. PLAN FOR SUCCESS.

Planning your meals is a crucial step to set you up for success when staying on track with your health. If you do not know where your next meal is coming from or what you have in the fridge at home to cook, it can make it very easy to do a quick detour to get fast food on your way home from work! To help with this, after you finish your lunch, have a quick check in with yourself and take a second to think through what you are having for dinner. Do you have enough food in the fridge to whip up something quickly when you get home or are you working back late, so you need to grab a healthy take out option during your lunch break to keep for dinner? It is also important to set yourself up for success by stocking your fridge and pantry with healthy alternatives and snacks. I can guarantee that if you hide those packet of cookies at the back of your cupboard with intentions not to eat it...you WILL go searching late at night! So plan to shop for success!

5. FIND A FRIEND AND SURROUND YOURSELF WITH SUPPORT!

Along your journey of transforming to a healthier, happier version of yourself, you will unfortunately find people who will want to bring you down. This is only a reflection of their own unhappiness or in-securities, as putting yourself first, being strong and brave enough to do something good for you can be confronting to others. I would highly encourage you to find a friend who will help support you during the rough times along your journey. This can also be in the form of a health coach, family member, personal trainer, co-worker or support group. Surround yourself with positive people who are supportive of you and your choices!