

DETERMINATION

Your *determination* can and does make the difference between success and failure.

By now, many have already failed their goals for 2010. Actually, you have not failed, but you think you have. When you decide to do something, and you do not do it once, you did not fail. You can start new each day and work at it. Working at it, you will get better and better

Repetition is important. Once you do something daily for 30 days it becomes a habit and easy or easier to do. Your body and mind will expect it. You will do it more and more automatically.

Dieting or exercising are big issues for many people. So, I have had cake already this year. It was for a birthday celebration. Fine, I had cake. I ate it, enjoyed it, and then went back to reduced sugar. I exercise five days a week. Occasionally something comes up and I can't go to exercise. So, I don't go. Then, I get back to the schedule.

Determination does not mean you never slip up. It means that you get right back to it when you do slip. *Determination* is to keep going until you reach the goal.

We all need to reinforce our *determination*. We need to know and believe the goal is worth more than not reaching the goal. Don't think you are suffering or going without when you do not have ice cream. Think of how great you will look in the new outfits, how good you will look in the pictures. Those are the visions of the value of what you are doing. By focusing on the value of the results, the value of that ice cream will melt. The value of the ice cream is less than the value of looking good in pictures and new clothes.

Exercise can hurt, and it takes time. We all have the same amount of time. We decide how to invest it or waste it. It takes commitment and determination to do it. Support that *determination* based on the vision of the results of a well-toned healthy body that will live longer.

Determination carries you forward when you slip, fall, and get off track. It gets you back on track and moving. Don't dwell on the slip, don't give up, but let your determination get you back on track.

You have not failed until you stop trying. But don't say, 'I'll try.' Saying 'I'll try' is like saying 'I might do it, but I doubt it.' Say, 'I'll do it', and then work at it till you do it.

Determination is the key, and that ***determination*** is fueled by the desire and the vision of the end results. The end results, the goal, needs the fuel of desire and value. The value has to be far greater than the value of what is left behind. Leaving the extra weight, the out of shape body behind feels far better than that bowl of ice cream or watching mindless television rather than exercising.

Your ***determination*** will be as strong as your vision of the value of your goal. The stronger the determination the faster and easier it will be to keep focus and reach your goal.