

Published based on [Discover How To Make Goals And Not Resolutions This New Year](#)

# **Discover How To Make Goals And Not Resolutions This New Year**

A master of Neuro Linguistic Programming has suggested that we reconsider using the term "New Year's Resolution." Because of the word's literal meaning of solving again, this term could make your unconscious mind want to gain back the weight you lost.

So instead of using the term "resolution," try using the term "wish," which has a more positive meaning. Once you have decided what you wish for the new year, you should write it down: goals are wishes in writing.

To enhance your recollection, it is sometimes useful to take one word whose letters represent a series of meetings. "Smarter" is a mnemonic acronym they can help you formulate your goals.

1. Specific. To eliminate ambiguity in your mind you need to make sure that what you want is spelled out clearly in your mind. For example, discovering [how to lose weight fast](#) is not very specific.
2. Measured. Make sure what you put down on paper is something that can be verified, not something abstract work day.
3. Accountability. You have to be answerable to somebody or something about the results you are getting.
4. Realistic. What you set down on paper need to be things that are possible for you to do.
5. Time. This stands for the duration for the elapsed time over which you intend to meet your expectations. Some in the [weight loss forum](#) might know they want to lose ten pounds, but they haven't defined any deadlines for achieving that goal.
6. Emotions. Make sure there are some strong emotional attachments to the goals you have written down.
7. Review. If you don't go over your list of goals periodically you are not going to remember what they are. To help you remember the requirements for your goals just remember the word "smarter." Get some goals instead of resolutions and see what you can do during the new year.

For information about how to lose weight fast go to [www.fatlossfactor.com](http://www.fatlossfactor.com).

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