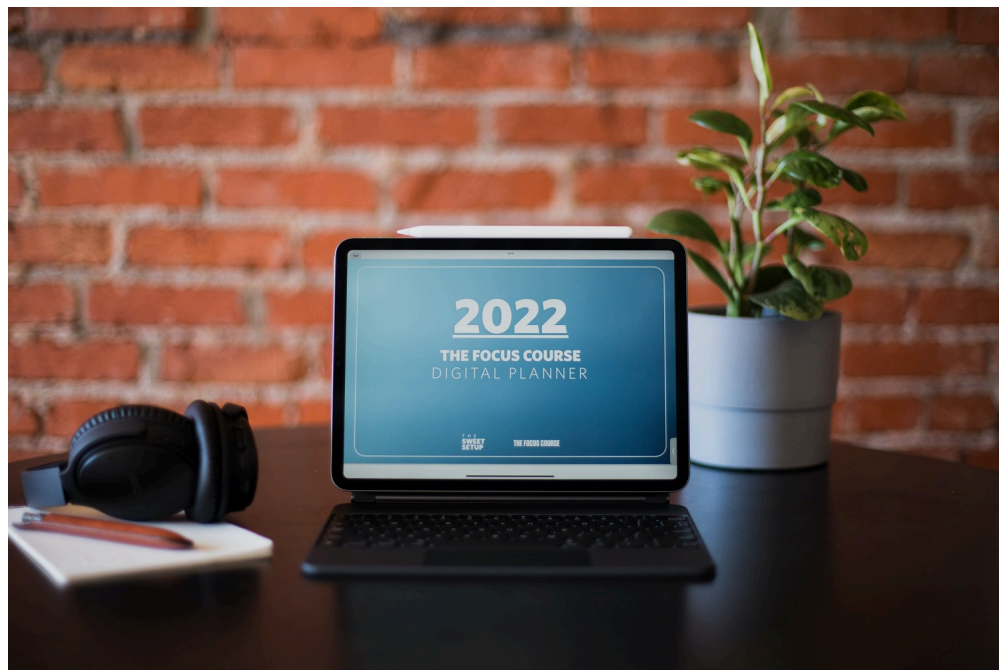


## Tips for Getting a Jump on 2022 Resolutions

Written by AZFoothills.com  
Sunday, 30 May 2021 11:23 -

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Before 2022 arrives, it can be helpful to prepare yourself for any New Year's resolutions you may have. Indeed, you don't have to wait to begin improving your quality of life. Here are a few tips for gaining an advantage over your resolutions.

### Write in a Daily Journal

Keeping a daily journal can help you set and achieve goals, be creative and keep your thoughts organized. In fact, you can record your resolutions on paper or come up with ideas for some if you haven't already done so. Plus, writing things down can be useful in remembering them better later on. And if you're not sure what to write on some days, try answering daily journal prompts. You can find plenty of fun and helpful prompts in blog articles.

### Get a Head Start on Weight Loss Goals

If you'd like to lose weight but find this a challenge, then getting a head start on your weight loss goals can be smart. For starters, find [healthy snack recipes for weight loss](#) online. Some delicious recipe ideas you might love are homemade granola bars, hummus dip, high protein smoothies, breakfast yogurt, and others. Consuming healthy foods you enjoy eating can make it a lot easier to commit to your weight loss goals. So try out different snacks and meals to see which ones taste the best. You can even learn about different diets such as vegetarian, vegan, and others. Understanding just how many choices you have can give you the freedom to lose weight your way.

### Read a Book About Sleep

If you have trouble sleeping, educating yourself about insomnia and other sleep problems can be to your benefit. The sooner you learn the science behind sleep and develop [ways to sleep better](#), the sooner you'll be primed for a happy and productive new year. Doing so gives you control over your sleep patterns to improve your overall health and well-being. Plus, you'll be ready to deal with your snoozing troubles when 2022 arrives.

### Learn How to Be Present

Living in the moment means being present and consciously observing your activities and thoughts. Firstly, set aside distractions such as your smartphone, television, or other technology. You can try being present by doing breathing exercises, meditation, or yoga every day or a few days per week. According to science, meditation can help control anxiety, reduce stress, enhance self-awareness, increase attention span, improve empathy and enhance sleep. Additionally, doing yoga can be beneficial to weight reduction, increasing flexibility, improving respiration, and much more. You can learn yoga or meditation by taking a class online or locally. Another fun way is to follow a free online video tutorial. This way, when you start putting your resolutions into practice, you'll be able to understand how much they matter.

### Gain Inspiration for Motivation

Inspiring yourself to stay motivated for the new year can be simple. You can read inspirational quotes or books, watch a movie that resonates with you or look at art that makes you happy. If you have the resolution to exercise regularly, read an uplifting book about fitness. And if you resolve to be more charitable, try reading a blog article or two about humanitarianism.

### Look Forward to Self-Improvement

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Instead of seeing your resolutions as obstacles to success, try to view them more positively. One idea is if you have weight loss goals, then you can understand that you'll gain benefits. This could be losing weight and fitting into your clothes better, enhancing your appearance, boosting your energy, and other ideas. Further, it's wise to be realistic. Although your resolutions will likely be challenging, overcoming life challenges can make you stronger.

### Make Plans You'll Commit To

Since no one's superhuman, it can be helpful to [simplify your resolutions](#) if necessary. If you make them too difficult, you won't want to commit to or even get started in the first place. For one thing, running a marathon can be nearly impossible if you don't run regularly. Therefore, start with something simpler such as jogging for a few minutes every morning or walking for an hour each day.

Instead of worrying about how you'll ever keep your New Year's resolutions, try making things easier on yourself. For instance, you can practice self-care every day to stay in a positive mindset. Some ideas include practicing good hygiene, eating a healthy diet, talking to friends, getting regular exercise, and many others.