

Have you ever started a new diet - "New me, here I come!" ...only to find yourself raiding the pantry on Day 3?

Or perhaps you joined a gym on January 1st, committed to working out 5 days a week, and slowly lapsed into not going at all?

 ...GUILTY!

Motivation comes and goes - we've all experienced that, but the MINDFULNESS on FOCUS changes that!

**Focus** creates this wonderful acronym:

**F**ollow

**O**ne

**C**ourse

**U**ntil

**S**uccess

George Lucas said, "Your focus determines your reality."

*Having a puppy has kept me busy, and right now our FOCUS is on potty training. Here's what/how we're doing it:*

- Take him out every 15 minutes*
- Say the SAME thing so he'll do it*
- Reward good behavior*
- Look for clues that he has to go*

*We are following ONE COURSE UNTIL SUCCESS.*

*So why don't we focus on our own training with the same intensity? We are trying to create new habits and lose old ones, and yet we give up so easily.*

*Can you imagine what that would look like while training your pup to go outside?*

*Like a new puppy, we all need reminders to stay the course (let your environment support you.)*

*We need to tell ourselves the same thing over and over until it sticks (think positive "I am" statements.)*

We need to reward good behavior (non-food rewards!  
Instead, toot your horn in the Hot Melt Sprint Group and  
let the community share in your success!)

Lastly, we need to check ourselves. There are cues that  
we're about to go where we don't want to.

(If you find yourself pulling up to a big yellow "M" for  
example...RUN! 😊)