

New Year's Resolutions. How many times have you set elaborate goals for yourself, only to give up on them before the end of January?

It is easy to get caught up in the idea that there is a perfect time to get started. We wait for January 1st, or next Monday, or after the holidays. As soon as we have a bad day and cheat on our diet or skip a workout, we find ourselves ready to throw in the towel. Why do we do this to ourselves?

Friends, we need to choose excellence over perfection.

When you start to plan and visualize the rich, vibrant life that you want, you'll start to see all kinds of possibilities on the horizon.

When you put off exercising, you put off feeling good in your body suit.

When you put off eating healthily, you put off nourishing your body.

When you put off taking your supplements, you put off your good health.

When you put off doing all the things, you find yourself missing out on all the benefits that you could be reaping by starting right now.

If you want to live that vibrant life, then you need to align your actions with your words.

Have you ever realized a goal before? Have you basked in that glow of pride and happiness in your heart? "I did it! I actually did it!"