

Why You Need to Set Goals Instead of New Year's Resolutions Part One

MUSIC INTRO

EPIISODE TEASER

INTRO

Hey friend! Welcome to the *Diet Haters Podcast*, where I'm helping YOU learn how to stop dieting, lose weight, find lasting results, and learn your true identity in Christ. I'm so glad you're here!

And Happy New Year! Can you believe we are in 2022? I saw a meme somewhere the other day - not sure if it was on Facebook or Instagram - but it said, "You know 2022 spells out 2020, too!" That's a little bit creepy! Ain't nobody got time for another 2020!

Ahh.. yes.. A new year. New beginnings. A fresh start. I always love new beginnings. This podcast is a new beginning of sorts, even though we "technically" launched last year - last Tuesday as a matter of fact. If you haven't listened to that episode yet, episode 1, I encourage you to go back and do so.

I share my story behind losing 145 lbs., and how taking one next right step at a time gave me some amazing results. I'll share the link to that show in the show notes.

So.. it's a new year.. And you know what that means? New Year's Resolutions.. Ugg... I seriously hate those words. I could give you several reasons why, but the big one is that they don't work. Yep.. you heard me say it. New Year's Resolutions are dumb and they don't work!

But let me tell you what *does* work.. Setting goals. Setting achievable, attainable, realistic goals full of next right steps. Not creating a resolution. Not being determined to do something without a plan. Not dreaming about losing weight. **But actually putting a plan together to make things happen.**

In today's episode, we're going to talk about why now is the time to STOP making New Year's Resolutions and find a different plan - a plan that will help you achieve your greatest dreams and desires.

So.. let's dig in.

DISCUSSION

According to a study done from the [University of Scranton](#), roughly 200 million Americans make New Year's resolutions at least some of the time **and** most of them are unsuccessful. 200 million people!

Think about that for a second. You could combine California, Texas, Florida, and New York, and that only adds up to about 110 million people, give or take a few, and more than 200 million people in America make New Year's resolutions, with the majority of them setting themselves up for epic failure.

Are you ready for this? 25% of those quit within the first week. A third last about a month. Less than ½ make it six months. Here's the staggering number. Only 8% are actually successful. 8%!

Now... if you're among that 8%, give yourself a pat on the back and you can probably stop listening to this podcast, but if you're like the rest of us who get excited on January 1 about what we're gonna do and already find ourselves writing out "failure" in lipstick on the bathroom mirror by January 3, then stick with me here.

Okay, but *why* do they fail?

It's simple. We don't have a plan. We have a dream. We have ideas. But we don't have a plan.

Not only that, but we don't actually believe in our heart of hearts that we can achieve what we want to make happen - whether that's losing weight, running a marathon, finding a new career, building a healthier marriage.

We allow our pasts to keep lying to us and we stay stuck where we've always been.

We don't get specific about what we **really** want to do.

We're not really motivated.

And back to number one... **we. don't. have. a. plan.**

Listen to me, my friend. Your life is way too short to keep making New Year's resolutions that set you up for failure.

But the good news is... I can help you succeed if you're ready. You in? Great! Me too! I'm going to share with you 6 very specific steps to create achievable and attainable goals that will help you become the best version of you in 2022!

Okay.. here's what I want you to do first. I want you to take some time and consider what your life might look like a year from now. You've accomplished your top goals and life is going great. What do you see? What do you see when it comes to your health-related hopes?

How does it feel to fit in those jeans you've had stuck in the back of your closet for 5 years? How does it feel to walk around the block without feeling like you need an inhaler? How does it feel to play with your kids for the first time in years because you're in shape? How has your relationship with your husband, or wives for you guys who may be listening, improved?

Imagine waking up each day grateful for what you have and going to bed knowing you've accomplished something greater than you did last year. You're facing life's ups and downs, responding to life instead of reacting, and you have a deeper sense of peace in your soul.

No matter what's going on in the world or how frustrated you feel now, you can make the choice not to settle for where you're at. Listen to me, my friend, and I'm preaching this to myself too... **You're in charge of your progress. You are in charge of your progress. We are in charge of our progress!**

Okay.. let's dig into the first step we need to take to create goals that will lead to a successful new year!

1) FACING OUR GREATEST FEARS

I don't know about you, but it's easy for me to allow fear to keep me from pursuing greater things in life, especially when it comes to my health. We can become so afraid of failure that we refuse to try, or we can become so afraid of success that we sabotage ourselves.

In order to move forward in facing our greatest fears, we must conquer these three things:

1. Identify the fear
2. Identify the lie
3. Identify the truth

We have to stop letting fear define who we are. Our past. Our present. Our future.

Right now, in this very moment, is a new day to take the next right step in conquering our fears and living our best, healthiest lives.

You, my friend, have a God who loves you and wants to see you successful in pursuing the dreams and goals He has put on your heart. That healthy version of you that you're so desperate to be - He wants that for you too!

And in order to get there, **we have to kick fear to the curb!**

*For God has not given us a spirit of fear, but of power and of love and of a sound mind.
- 2 Timothy 1:7 KJV*

The NLT replaces the words "sound mind" with "self-discipline", but I love "sound mind" because that's where it all happens, right?

If we don't get our minds wrapped around the truth of who we are - the truth of what we're capable of - then we'll always live in fear.

I say this all the time, and you'll probably hear me say it another thousand times. When we know who we are in Christ, our decisions reflect that. When we don't know who we are in Christ, our decisions reflect that.

Are the decisions you're making in life saying.. *I know who I am and I walk in power, love, and a sound mind?* Or are they saying... *I'm too afraid. It's too hard. I can't do this?*

I wish you and I were sitting across from one another right now having coffee so that I could say to you, "You are valuable. You matter. You are powerful. And today is the day that fear stops controlling you."

Okay.. so here's what I want you to do. It's time for some heartwork. I hate the word homework. It's so "homeworkishy," but "heartwork" usually means exciting results! You can

wait until this episode is over to get started, or simply pause it, answer these questions, and come back. I'll wait!

Q1: What are 3-5 fears that have kept you from pursuing your health and weight loss dreams and goals in the past? (Ex. Are you afraid of failure?)

Q2. What lies are you believing about these fears? Take some time to process through the lies you are believing and why. (Ex. Are you afraid that you'll never lose weight because you've already tried the gajillion diets out there unsuccessfully?)

Q3: What is the truth behind each lie you're believing? (Ex. Are you believing the lie that you're too old to start pursuing a healthier you now?)

Now that you've answered those questions, I want to give you an action item.

A1: Take what you've just discovered and write out a new sentence about who you really are. (Ex: I am afraid I will fail because I believe the lie that I have failed at everything and can never be good enough to pursue my dreams. But God says I am redeemed and restored and He has a perfect plan for my life.)

Oh.. my friend.. I can't wait to watch you uncover the truth about who you really are? I'm excited!

PROMO - STEP AWAY FROM THAT DIET

Tired of dieting only to regain the weight you lost, plus more?

What if you could actually lose weight for good without crazy rules and actually starving yourself?

How would it feel to lose 10, 20, 50, even 100 lbs.?

My friend, it's possible and I want to teach you how with 5 simple steps, that will not only help you get on the path to weight loss, but gaining that confidence you've been searching for, in my free ebook, *Step Away from That Diet*.

Notice I didn't say easy steps. I said simple.

At the age of 25 I weighed 330 lbs! Yep.. you heard that right. I had no energy. I had no motivation for life.

Walking up and down the steps felt like I had just run a marathon. I had to buy my jeans online because I couldn't find a store that carried size 30. To say that walking into a store was humiliating is an understatement.

Mountain Dew and pizza were two of my closest friends, so I convinced myself. The reality? I was using them to destroy myself.

I wasn't living life. I was just surviving.

But one day I finally came to the end of myself and realized I couldn't keep killing myself like this.

That's when I turned my life around and lost 145 lbs. Now I'm passionate about helping other women to stop dieting, lose weight, and learn who they are in Christ!

If you're ready to get started on your journey, download [Step Away from That Diet](http://sundijo.com/stepaway) today at sundijo.com/stepaway.

If you're looking for an easy fix to weight loss, my friend, this ain't it!

If you're looking for lasting results, then you're definitely in the right place. I'm going to provide you 5 simple (not easy) steps to getting on track to finding true freedom in your health journey.

You deserve better than what you're believing about yourself, my friend, and I'm ready to help you take the next right steps to get where you need to be!

Step Away from that Diet will help you overcome the diet mentality, learn how to remove the barriers getting in the way of your freedom, find encouragement on your journey, and more!

And don't miss the special prayer I've written at the end personalized just for you, my friend.

Download it for free today at sundijo.com/stepaway.

And now.. Let's get back to the six steps we must take to create goals that will lead to a successful new year!

DISCUSSION CONTINUED

Okay.. so you've just faced your greatest fears. Now it's time for step 2.

2) STEPPING OUTSIDE OUR COMFORT ZONE

In order for breakthroughs to happen in our lives, we have to step outside our comfort zones. What we've been doing in the past hasn't worked for us, right? **That means we have to find a new normal.**

Here are three important reasons we need to step outside our comfort zones:

1. So we can experience the full life God designed for us.
2. So we can conquer fear.
3. So we can inspire and influence others.

In order to truly succeed in life, to truly succeed in our health-related and weight loss goals, we **must** be willing to step outside our comfort zones.

There's a quote from author Roy T. Bennett, that sums it all up: "We have to be honest about what we want and take risks rather than lie to ourselves and make excuses to stay in our comfort zone."

Alright, heartwork time..

Q1: In what areas of your life (physically, emotionally, spiritually, mentally, relationally, etc.) have you settled for less? Ex., where have you settled in your health?)

Though we're talking about health and weight loss here, this can be any area, really. Weight loss isn't just linked to the physical area of our lives. There's a reason we're overweight, right?

Q2. How do you feel after answering that question? Don't be afraid to answer this.

Don't allow shame or fear to keep you from being honest. This isn't an exercise to beat you up. It's to help you move forward. Take your time and really write your answers out. Get in a quiet place and process through this.

Q3: What would it feel like to find a “new normal” in these areas of your life?

What would it feel like to be in the best health you’ve ever been? To break free from that addiction? To have the best marriage you’ve ever had? To pursue that dream job you’ve always wanted? To have the relationship with your kids you’ve longed for?

Q4: What do you think is holding you back from taking the next right step in finding that “new normal?”

I know these are hard questions, my friend, but they matter. They’re exactly what you need to answer to get yourself on the path to the best version of you! Anything worth having doesn’t come easy, right?

We’ve covered a lot today and you might find yourself feeling a little overwhelmed, and that’s okay. Remember, success is about doing things one next right step at a time.

CLOSING

We’re going to stop for today and pick back up next week, which means you have plenty of time to sit down and process through your heartwork. I can’t wait to see what you come up with on the other side!

I’m rooting for you and cheering you on!

If I can lose 145 lbs., you can lose weight, too. Doesn’t matter if it’s 10, 20, 50, or a 100 lbs. or more. **If I can do it, so can you!**

I’m looking forward to diving deeper with you next week in *The Diet Haters Podcast*, my friend, as we learn how to keep taking the next right steps, say goodbye to dieting, and learn our true identities in Christ!

REVIEW REMINDER

If you enjoyed today’s episode, would you mind heading over to wherever you listen, Apple Podcast, Spotify, wherever, and leave a review? This helps get the word out to others who need to hear this podcast.

And if you want to get email reminders of new episodes when they release, you can sign up at diethaters.net.

INSTAGRAM REMINDER

Come on over to Instagram if you haven't already and say hello. I'm always sharing inspiration updates, fun stories, and other shenanigans.

CLOSING

Alright, friend, that's it for me today. I'll see you in the next episode of the *Diet Haters Podcast*.

And don't forget.. You. Are. Valuable.

LINKS

[University of Scranton research](#)

[Step Away from That Diet ebook](#)

[Diethaters.net](#)

[Sundi Jo on Instagram](#)