

# 3 Ways to Miss Your Goal

*By Editorial Staff*



## OverDo It

Enthusiasm is key when you're trying to lose weight, but jump in headfirst and without any sense of pacing, and you'll likely fail. Any good plan requires good planning; when it comes to weight loss, that means you need sensible goals and a plan of attack that's reasonable, not extreme. Deprive yourself of all your favorite foods or become a slave to the gym, and you'll burn out fast.



## Make Excuses

Whether you're fit as a fiddle or struggling with your weight, we've all had those days when working out and eating right were last on our list. The difference is in the choices we make - to fit in that workout or prepare that healthy meal, regardless of time constraints; or make every excuse imaginable for why we can't. Remember, you're only as busy as you convince yourself you are.



## Lose Focus

Focus is the ultimate tool for achieving any goal; that means focusing on exactly what you're trying to accomplish and then making sure you retain that focus throughout the process. Start off vaguely and with limited direction, and you'll steer south before you know it. Instead, outline how much weight you want to lose, when you want to lose it by, and exactly how you'll get there, step by step.