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## 3 Steps to Stay on Track With Your Resolutions

The first month of 2016 is already in the books, which means it's a good time to check in on those New Year's resolutions. Are you staying on track or could you use a motivating boost? Either way, use this three-step process to maximize your efforts.

### Assess Your Progress

How are you doing on your goals? Honesty here is key. Are [your goals](#) still relevant, realistic and important to you? What seemed like a great idea on January 1 may not be the case now. Give yourself permission to scratch things off the list.

### Stock Your Toolbox

Harness the power of technology with [free apps](#) intended to make change easier. With 21Habit, for example, users pledge \$21 to keep up a new habit for 21 days. For each successful day, you get a dollar back; for every day you don't, you forfeit a dollar to charity. Paying up if you're not holding up your end of the bargain can turn out to be a nice little motivator.

### Thank Yourself

Forget beating yourself up for falling off the wagon. Instead, give yourself credit for the hard work you have accomplished. Remind yourself that if you keep it up, you can succeed. While you're at it, add [self-affirmations](#) to your routine; a recent study shows this type of positive self-talk can boost performance.

Take some time each month to check in and make any necessary adjustments to ensure you stay on track with your resolutions.

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