

HEALTHY LIVING

## ARE YOU READY FOR A BREAKTHROUGH FUTURE IN 2024?



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**W**hat does a Breakthrough Future even mean? For some of us, it could be fulfilling goals around health and wellbeing, finances, career, or relationships. But why is it that most New Year's Resolutions are easily forgotten and never fulfilled?

Well, let's spend some time looking at what it will take. What do we really mean when we say "Breakthrough"? According to the dictionary, a breakthrough is a significant and sudden discovery, development, or achievement that brings about a notable advancement or success in a particular field or area. It is discontinuous from the past. No matter how many times we've made New Year's Resolutions, this year we need to leave them all in the past, the failures and the successes too! This way we will have a clean slate to create our future for 2024.

Putting the past in the past will have a profound impact on our ability to cause a fundamental shift in our lives. I don't know about you, but for me, life is going by very quickly and the time is NOW for action. It will take something from each of us that we haven't given before and will involve Planning, Vision, Commitment and Action.

Here are some factors that can determine the success of our New Year's Resolutions:

### DEFINE YOUR VISION.

Set aside the time for yourself to imagine what areas you would like to impact and clearly articulate,

either in speaking or writing, what a breakthrough future will look like. Give yourself some space here - to dream. No editing from that little voice in your head that says you can't or it's not possible.

### SET GOALS FROM YOUR VISION.

Most of us look at present reality and current resources and set our goals from there. That will give you more of the same. Remember, we are planning for a "Breakthrough" future, not merely an extension of the past. Make them "SMART" goals. (Specific, Measurable, Achievable, Relevant and Time-bound) AND make them goals for the future you created. Be sure to include a "Stretch" goal too - something beyond what you think you can achieve. Your goals should Light you Up and Turn You On!

### DEVELOP A STRATEGIC PLAN FOR EACH GOAL.

This is where you look at what really will be needed to achieve that goal. Here is where you consider what resources you will need. How will you make the time, acquire the skills and form the necessary relationships to make it happen? This strategy development can be done in an outlined form.

### EMBRACE YOUR CREATIVITY.

No idea is off the table or considered too outlandish. Have some fun here thinking outside the box and exploring unconventional ideas.

### NETWORK WITH OTHERS.

Let people know that you are planning a new future. They just might be collaborators who share your goals or can provide useful insights for you. They can sometimes even open doors to opportunities that wouldn't occur on your own.

### STAY ADAPTABLE.

You will have setbacks and breakdowns. It wouldn't be a breakthrough if you weren't committed to something. There will be failures along the way, and you will want to quit. So what! Use it all as an opportunity to reaffirm your commitment. Stay positive and continue moving forward.

### HAVE SOME FUN AND CELEBRATE YOUR PROGRESS.

This will help keep up your morale and keep you motivated.

### HIRE A COACH IF YOU NEED ONE.

Find someone to be accountable to. Find a buddy to create with and foster the exchange of ideas and problem-solve together. All athletes interested in stellar performance have a coach to see what they don't see and assist with their development.

### SOME SAMPLE NEW YEAR'S RESOLUTIONS:

- Cut down on processed foods and sugary drinks.
- Learn a new skill or hobby.
- Spend quality time with loved ones regularly.
- Express gratitude daily.
- Create a budget and stick to it.
- Foster connections by making new friends or acquaintances.
- Establish a quality sleep routine.
- Limit screen time and periodically digitally detox.
- Eat more fruit and vegetables regularly.

Remember, if you plan for success and mindfully utilize these recommendations you really could make 2024 your best year yet.

*Stop by the San Ysidro Pharmacy and let us know how Your 2024 Breakthrough Future is progressing. We are always looking for ways to support you. Our Pharmacists always have time to talk about your health.*



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