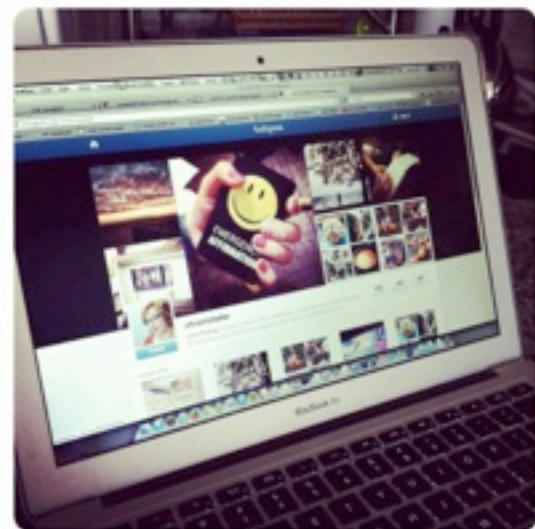


# 20 WAYS TO REBOOT YOUR NEW YEAR'S RESOLUTIONS



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by ChronicBabe

Thanks!  
Thanks for being awesome.  
Thanks for being part of the ChronicBabe community.  
Thanks for always offering your fave tips for us to share. XO!



## It's mid-January, and your resolutions are fizzling out. How do you get the drive back?

Babe, it's that time when we tend to slip on our new year's resolutions, and this is nothing to beat ourselves up about! We're only human. And as nice as it is to have personal goals and guidelines, we have to remember that's all they are - they're not absolutes.

Resolutions exist to make us look better and feel better, but they won't work if you get down on yourself

for fudging up a bit. If you forget or mess up on a resolution, it's good to recognize that, and then get back on track. Or maybe you need to make some adjustments...be realistic.

Telling someone your resolutions might make it easier to stay on track.

Having someone keeping tabs on you will push you to stick with it - just make

sure the person checking in is going to be supportive without overstepping any lines or boundaries.

Sometimes new years resolutions are BS. We make them, we break them. On the next page are some fun ideas to try to stick to. Feel free to add more to the list and attempt to do as many as possible, even if only for a week.

# You don't have to be 100% perfect. A resolution is a goal, not an absolute.

Maybe this should be the main resolution we focus on: realizing that you can make a mistake and still keep going.

*XO, Editrix Jenni &  
Communications Manager  
Michelle Pizzo*

1. Make kale your best friend!
2. Watch more cute and cuddly kitten videos on YouTube.
3. Completely stop texting and driving.
4. Practice different accents so you can get away with "knowing" another language.
5. Stop procrastinating about procrastinating!
6. Substitute messaging someone through technology with an actual conversation.
7. Get a healthy amount of sleep every night.
8. Make your bed after your healthy amount of sleep.
9. Get less shy or embarrassed about dancing in public. (Having fun is the only thing we're going to be worried about here at ChronicBabe HQ!)
10. Try to worry less! Some things are out of our control. Reduce worry to make room for love and happiness.
11. Exercise when able. Maybe walk an extra 10 minutes instead of taking the bus.
12. Meditate.

**One more tip:** Talk about your resolutions on social media to get some accountability and support from friends and loved ones.



## These 20 ideas are just the start. Use them as a springboard.

13. No more emotional eating, bored eating, or eating just because it's there. Be a food snob. Make sure those calories are worth it!
14. Drink at least one glass of water when you wake up every morning.
15. Make a deal with someone to share your goal(s) and keep each other on track. An open and honest policy is required, so make sure your pal will be motivating without hurting your feelings. Telling someone your progress can earn you a much-appreciated pat on the back. Knowing you'll be held accountable offers an extra incentive to stay on track.
16. Learn something new every day. Try writing it down in a journal every day so you can look back on your success; just one sentence or thought works.
17. Stop saying "sorry" so much. Things happen; people will understand. It's all good.
18. Set up a plan to balance caring for others while also caring for yourself!
19. Balance your checkbook (on your nose).
20. FWOPT. This is Jenni's favorite resolution, and it stands for F\*\*K What Other People Think. Seriously, who cares? Do what works for you and don't let other people's judgments hold you back from success.

Wondering where all these photos come from? Jenni's phone, that's where. :)  
**[Follow her on Instagram for more.](#)**



# THANK YOU!

Have some tips we missed? **Shoot them our way** and we'll add them in to the next edition.



## We can't do it without you. Become part of the ChronicBabe community.

This is a community because you're a part of it, and there are so many ways to connect with ChronicBabes.

Check out the [website](#) where you can shop and read articles that motivate or help you learn to deal with your chronic illness.

Make sure to find the [forum](#) where you can

offer solutions and tips of your own or just get something off your chest.

Also, make sure to **sign up for the ChronicBabe newsletter** at the website, where we share lots of freebies and announce upcoming projects!

You can chat with us on many social media channels, like [Twitter](#) and

[Facebook](#), to get fast health news and other babelicious updates.

Follow ChronicBabe on [Instagram](#) and [Pinterest](#) for cute pictures that lead to smart thoughts and articles.

That should keep you busy. See you online!

XO, and thanks!

- Editrix Jenni