MOTIVATE YOURSELF!

Twenty-five per cent of New Year's resolutions are broken by January 14, says Andrew May, a performance expert and author of *Flip The Switch*. "The main problem is people set goals for the wrong reasons," he says. "You should never set goals to impress others, because they are forced upon you or because it's the New Year." To reach your goal, May suggests you:

1. Ask yourself the right questions. What do you want from your fitness regimen? How much does it mean to you? What are the benefits of achieving your goal? Who will be affected? Are you prepared to do whatever it takes?
2. Don't keep your goal to yourself. Enlist the support of your partner, family, friends and colleagues. This also keeps you accountable.
3. Anchor yourself. Write your goal down in point form and display it somewhere you can view it regularly – your diary, office, car, even on the back of the toilet door.
4. Take small bites. George Miller, a 1950s psychologist, believed we can only deal with seven bits of information at any one time. Any more than this and we need to group things into memorable, manageable chunks.
5. Set a plan. Identify the key steps towards achieving your goal and assign them deadlines.
6. Review your goal daily or at least weekly. Spend time thinking about what it will feel like once you have reached your target.
7. Be realistic and reward yourself along the way.

All kilometre counts are from the Department of Sport and Recreation, Victoria. Photographs: Daniel Smith. Hair and m-makeup: Amos Fishin