

# TIPS FOR ROSH HASHANAH

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How to get closer to your best self this New Year.

## 1 If not now, when?

It's never the perfect time to change an ingrained habit. Don't wait for a magical moment or to hit rock bottom. Start today.

## 3 Write down your goals

Write it down, type it out, or text yourself your goals for the month or the year. Not only will you have a daily anchor to review but you will also have a benchmark for success.

## 5 Break it down

If you want to supercharge an area of your life, break it down into an actionable set of steps. Instead of saying "I'd like to get healthy", write down "no sugar in my coffee" or "1 hour at the gym on Monday and Wednesdays."

## 2 Gradual steps

Stop trying to change everything all at once. Make an ironclad commitment to one action.

## 4 Tell someone

Let someone (or a few) know that you're making a change. You'll gain support and accountability. And once you see them rooting you on, you won't want to let them down.

## 6 Focus on the rose

Keep your eye on what you're working towards rather than on what you are giving up. Every rose has its thorns. Focus on the rose.

## 7

## Be kind to yourself

Forgive yourself when you slip up. Talk to yourself as you would a good friend or your child, expressing compassion, understanding and inspiration to jump back on the horse.

