



Why Do Diets Fail?

If your diet didn't work last time, what makes you think it'll work now? Before you step on the gas again, what did you learn from your last attempt? Here are six reasons why diets (and efforts to break other bad habits) fail:

Wishes are just words. Hope without effort is destined to fail. Spend less time thinking and talking and more time doing.

Don't believe in fairytale solutions. Don't search for quick-fix answers. A band-aid approach is often a short-lived solution.

Personal responsibility can't be delegated. It can't be done *for* you. It must be done *by* you. There's no substitute for desire, hard work, and commitment.

Punishment is not a motivator. If you find yourself thinking, "I can't wait till this is over," you're heading down the wrong path.

An immediate result isn't a realistic aspiration. Be realistic in setting goals and committing to make change a reality. View your effort as a lifestyle change rather than a temporary fix.

You can't live an unhealthy lifestyle and expect a healthy outcome. Some people expect results without sacrifice. Wrong! If you don't embrace change, don't expect a different outcome.

© 2020 Frank Sonnenberg. All rights reserved.

