

## The Biggest Secret of Successful Weight Loss

When it comes to weight loss, getting started is often the biggest hurdle. You may think to yourself, “Where do I start?” If so, this article is for you! It doesn't really matter whether you want to lose ten or hundred pounds, the following tips should prove helpful as you begin your weight loss journey.

The first step to successful weight loss is to set your weight loss goals. Goals are designed to serve as milestones, demonstrating your progress in reaching your goals. Without goals, you will not have a clear perspective as to where you are going and what is required to get there. The first step in establishing your weight loss goals is to ask yourself a few questions:

1. How much weight you want to lose?
2. When do you expect to reach your target weight?

We suggest that you write the answers to these questions on a sheet of paper. By putting this on paper, you keep the goals in the forefront of your mind to assure you do not forget them. Write your weight loss goals on a piece of paper, make copies of the page, and post it in visible places (on the refrigerator, on the night stand, on your bulletin board, etc. Remember, in order for goals to be achievable, they must be realistic ones.

If your goal is to lose sixty pounds within a couple of weeks or even a month, it's not going to happen. Setting such unrealistic goals for yourself is a futile exercise that often leads to frustration and disappointment in yourself and your weight loss efforts.

Ideally, you should strive to lose 3-4 pounds a week while dieting and following an exercise plan. If you choose not to exercise, you may lose no more than 1-2 pounds per week so create your goals accordingly.

Set small and achievable goals for yourself to help you feel more confident **as you move forward.**

**This is the biggest secret of successful weight loss!**