

**Happy New You!**  
from: Maintaining Our Temples  
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For many of us, this is the time of the year when we promise to make all the changes we need to make to be perfect!

We promise to: lose weight, stop smoking, start exercising, spend more time outdoors, eat more fresh raw foods, drink more water. In short, we promise to do all of the things we need to do to maintain our temples.

At first, we are proud of ourselves because we are able to do exactly what we said we would do. We take walks every day during our lunch breaks. We stop snacking on chips and beer while we are watching tell-lie-vision.

After a couple of weeks, we begin to feel better. We think we even look better!

Then, because it takes a while to completely replace an old habit with a new one, when something comes up we fall back into our old program without thinking.

How do we react to our slip?

Most of us give all of our attention to the single mistake and stop our new program right then and there. Because of one small mistake, we think that we have “failed.”

We completely overlook the month or six weeks that we faithfully followed our new program. We ignore the ten pounds we have lost, the extra energy we have, how much better we feel when we get up each morning.

We focus on that one slice of cake we just ate, the three days we didn't take our walk, the one cigarette we smoked without thinking. And we give up!

If we had stopped trying to walk the first time we fell down as babies, we would all still be crawling around!

We have been programmed to believe that one mistake makes us a “failure.” Yet, not one “successful” person will say she or he got everything perfect on the first try!

When we were babies we didn’t think of ourselves as “failures” because we fell down; we picked ourselves up and tried again. And again. And again. As many times as it took us to learn to walk without falling down.

When we decide to make the changes we need to make to maintain our temples, we will have days that we don’t do all of the things we want or need to do. We don’t have to beat ourselves up over what we didn’t do. Instead, let’s be happy about what we did do and plan to do better the next day.

At least we are trying. How many people do you know who know what they need to do but won’t even try?

As long as we have life, we can make the changes that will lead toward our best health. Making the first step - no matter how small it may be - is, in itself, success.