

When writing down your goals, make sure they're SMART:

S = specific,

M = measurable,

A = action-based,

R = realistic (yet also rewarding)

T = time based.

Here are some others:

July 21: When you're truly at peace with yourself, you'll find that you're less prone to give in to emotional eating, and you'll feel genuinely connect to yourself and your healthy lifestyle.

July 28: A surefire way to start making peace with your body is with a little self-nurturing. Aim to give yourself at least 20 to 30 minutes of private time every day to do something that makes you feel better in mind and body.

August 4: It's important to accept where you are today. If you appreciate each point in your journey, you'll harness the positive energy it takes to achieve your goal weight.