

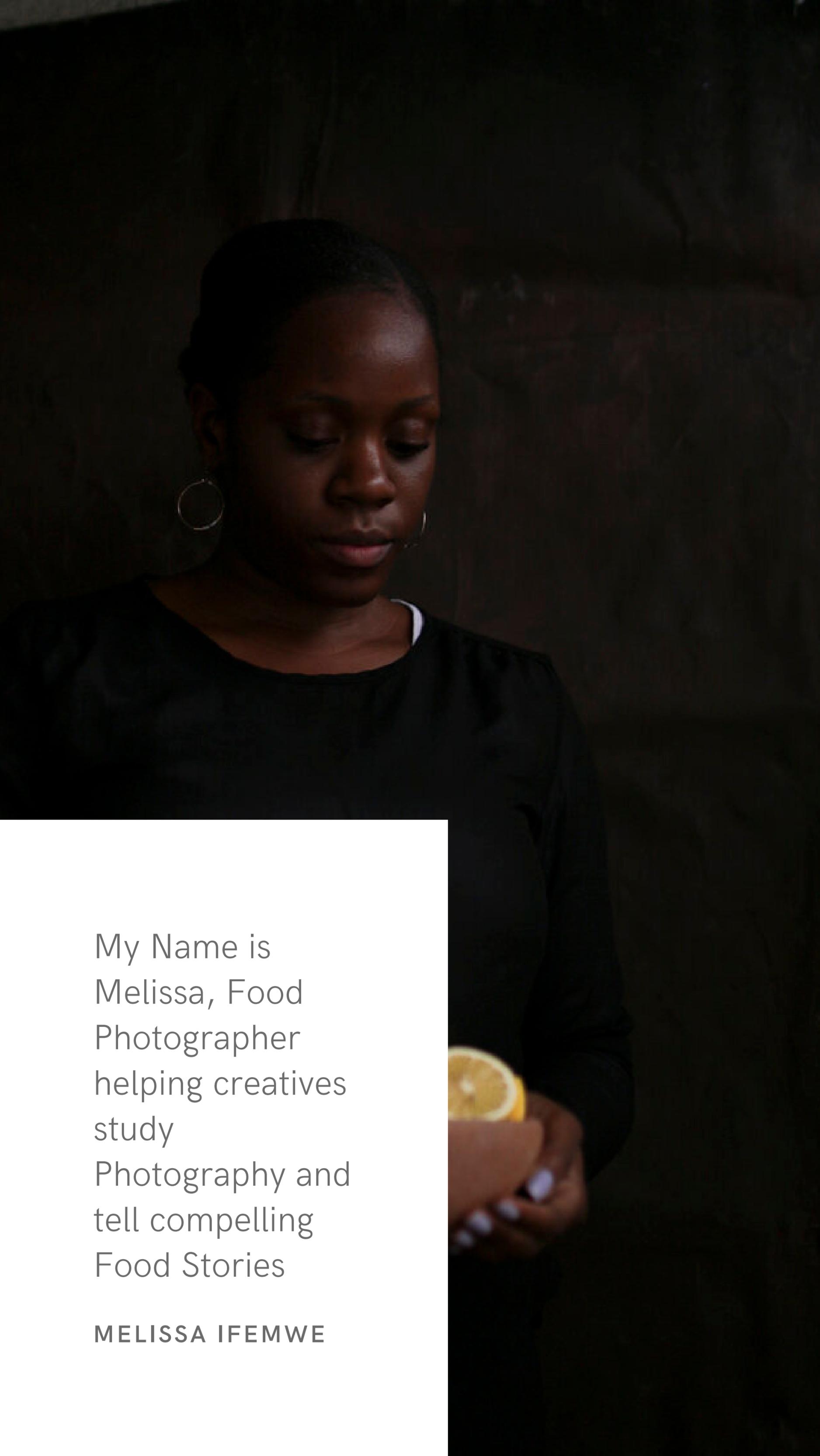
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**HOW TO
"FINALLY"
KEEP YOUR
NEW YEARS
RESOLUTIONS**



A portrait of a woman with her eyes closed, holding a slice of orange. She is wearing a black top and large hoop earrings. The background is dark and textured.

My Name is
Melissa, Food
Photographer
helping creatives
study
Photography and
tell compelling
Food Stories

MELISSA IFEMWE



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SET REALISTIC GOALS

Make sure your resolutions are achievable. Setting overly ambitious goals can be demotivating if they're not attainable. Define your resolutions in specific terms. Instead of saying, "I want to exercise more," specify how often and for how long.

- **Acknowledge and Accept:** Understand that cycles of unmotivation are a normal part of the creative process. Accept that creativity has its ebbs and flows, and it's okay to experience periods of lower motivation.
- **Reflect on Your Goals:** Take time to reflect on your long-term and short-term goals as a photographer. Understanding your objectives can reignite your passion and provide a sense of purpose.
- **Celebrate Achievements:** Reflect on your past successes and achievements as a photographer. Celebrate the milestones you've reached and remind yourself of your capabilities.

BREAK IT DOWN

Divide your resolution into smaller, more manageable tasks. This makes the goal seem less overwhelming and allows you to celebrate smaller victories along the way.

Develop a step-by-step plan to achieve your resolution. Outline the actions you need to take and when you'll take them. Having a roadmap helps you stay on track.

Keep a record of your achievements. This could be a journal, a checklist, or a smartphone app. Regularly reviewing your progress can reinforce your commitment and help you stay focused.



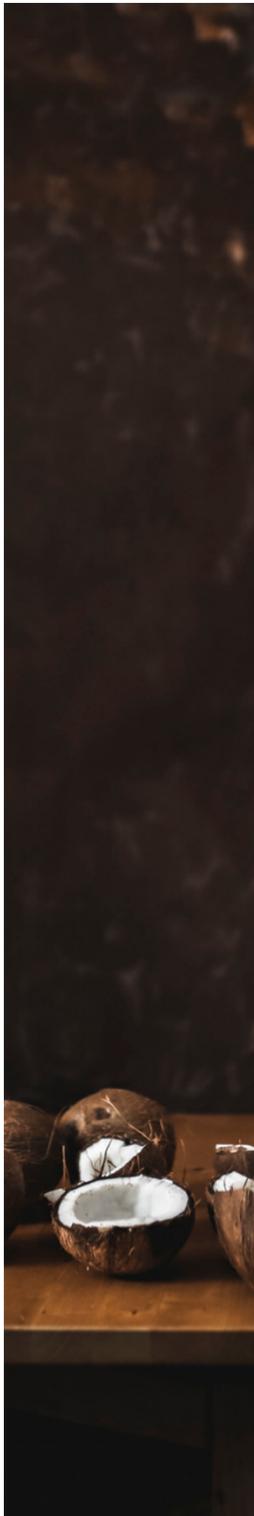
START SMALL

Don't try to change everything at once. Begin with a small, manageable change and gradually build on it. Small successes can boost your confidence and motivation.

Starting small also means celebrating small wins: Acknowledge and celebrate your achievements along the way. Treat yourself when you reach significant milestones, but choose rewards that align with your resolutions (e.g., a relaxing day if your goal is to reduce stress).

Integrate Resolutions into Your Routine
Incorporate your resolutions into your daily or weekly routine. The more seamlessly they fit into your life, the more likely you are to stick with them.

I HOPE THIS WAS
HELPFUL



YOU WANT MORE?

Get the FULL Guide on [“How to Stay motivated as a Photographer”](#)