

How To Hit The Reset Button On Your New You Journey

Having a bad day is just that - one bad day. The key is to use it to your advantage to get back on track stronger than ever, rather than spiralling out of control. Here's how...

Do you remember as a child, being sent to your room? It was usually for some innocuous thing (answering back mostly) but the phrase 'you can come downstairs when you are ready to start the day with a better attitude' seems to resonate with the entire crew at New You HQ.

While we suspect your parents were mostly looking for a quick break from the moodiness and chaos of being at home with young kids, they actually introduced you to one of the most powerful techniques that will result in major success on your New You journey. The reset button.

The reset button is such a powerful yet simple approach to difficult days. Giving yourself permission to start your New You journey again is what will drive your weight loss success. We are realists at New You HQ. Yes, in a perfect world all of us would be consuming 4 packs of New You products, 4 litres of water daily and continue to repeat until we reached our goal weight. However, no journey is ever linear. There will be bumps in the road, diversions, pitstops and in some cases getting out of the vehicle and setting it on fire. And that's ok. The key thing to success with your New

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