

Where are you now?

Before you can get where you want to go, you need to know where you are. Make a cuppa and take some time to work through this activity. By the end you will have up to three goals for this week, related to what you eat, how you eat, movement or general wellness.

Here are the rules for this exercise:

- Keep it honest. No one is going to see this but you. And you don't benefit by bending the truth with yourself. Consider this not a judgement exercise but a fact-finding mission, and one with the express purpose of helping, not of beating yourself up!
- Keep it kind. Speaking of not beating yourself up.... If you find negative thoughts creeping in as you do this exercise, tell yourself to stop it. Beating yourself up isn't productive. Besides, you are being productive by figuring out a plan, so this exercise should be a positive one.
- Keep it simple. The checklist on the next page is designed to make it super simple for you to assess your current habits and figure out whether you're doing okay, or if something needs a little (or a lot!) of work. Once you've completed this checklist is should be fairly clear where you need to start with your goals.

If you have any longer-term goals (like for the 6 weeks or 6 months ahead) you might want to write it here. BUT! Do make sure it's a SMART goal as we discussed in the video and make sure it is going to be a helpful, realistic goal, not a self-sabotaging goal.

My helpful SMART longer-term goal is:

Week 1 Worksheet

| Habit | Needs a lot more work | Needs a bit more work | Nailing it! |
|---|-----------------------|-----------------------|-------------|
| The food I choose is mostly good quality and unprocessed | | | |
| I eat three main meals each day | | | |
| My meals are usually about half protein & half veg | | | |
| If I snack, they are mostly good quality & contain protein | | | |
| I drink at least 1.5L each day | | | |
| I choose water (or sugar-free drinks) first rather than sugary drinks | | | |
| I alternate my mouthfuls: protein, veg, protein, veg | | | |
| I take my supplements daily | | | |
| I take 20-30 minutes to eat my meal | | | |
| I take teaspoon sized mouthfuls | | | |
| I rest between each mouthful | | | |
| I check if I'm actually hungry before I eat (especially snack) | | | |
| I drink between meals, not with meals | | | |
| I stop eating when I am about 7/10 full | | | |
| I don't eat in front of the TV, computer or my phone | | | |
| I am organised with my food to reduce rushed choices | | | |
| I leave food on my plate if I've had enough | | | |
| I focus on quality, not quantity | | | |
| I move my body every day | | | |
| I do exercise that makes me huff & puff at least three times a week | | | |
| I do some sort of muscle building exercise at least twice a week | | | |
| I get enough sleep (ideally 6-8 hours) | | | |
| I take time out for myself | | | |
| I have some fun each week! | | | |
| I spend time with friends or family regularly | | | |
| I am seeing a counsellor or psychologist if I need to | | | |
| I am seeing my team regularly to check in | | | |

How are you going to get where you want to go?

Now is the fun bit... What are you actually going to put into action?!

Follow the instructions below to and use the next page to set out your very specific goals for the next week. These goals might stay with you for the whole six weeks, or you might like to come back and readjust your goals as you go through depending on your progress. Consider these goals like quick wins, to get you out of the starting blocks and give you some motivation and momentum.

As you create these goals please remember the following:

- One step at a time. Rome wasn't built in a day, so take baby steps here.
- Be realistic. What can you actually do this week? Set yourself up for success, not failure!
- Be accountable. Tell a friend, tell the LWAS community, tell me! You need to be accountable to these goals so they get done.
- Goals are a moving feast. Things always change around you, so it's okay for your goals to change too. If you set something that is too easy, challenge yourself! If you set something unrealistic – readjust it to make it fit!

So, let's do this thing...

Step 1. Look at the habits in the green section of the checklist. These are all to do with what you eat. Pick the one habit in the green section that bugs you the most or undoes everything else in your day. For example, if you're dehydrated you can eat more, feel more tired and run down and therefore make poor food choices later in the day. List it in the table on the next page.

Step 2. Looking at that habit that bugs you, what is one thing you can do to change that today? For example, make sure you stay hydrated.

Step 3. Write down how you will enact the thing you decided upon in step 2. For example. I will drink 1.5L of water each day by sipping between meals.

Now, repeat steps 1 to 3 with the habits in the other sections blue (eating habits), orange (movement) and red (wellness) sections. I recommend you leave one section alone for now and set a maximum of three goals for the week.

What I will do this week

| | The thing that bugs me | What I will do about it |
|--------------|--|---|
| For example, | I am not drinking enough which makes me tired and choose sugary snacks | I will set an alarm on my phone to drink ½ a glass of water every ½ hour. |
| What I eat | | |
| How I eat | | |
| Movement | | |
| Wellness | | |

An important note: You do not have to tackle every section at once. If you're feeling overwhelmed, just focus on ONE thing from ONE section. It's better to start slow than too fast!

And, don't forget that accountability... Where are you going to put these goals so you see them? Who are you going to tell so you have support? Email me and tell me what you have planned!