

### LOOKING AT THE NOW

- What are your current eating habits? Honestly!
- Where and when do you eat?
- What do you need to change to be more compatible with your new healthy lifestyle?
- Do you need advice or help from a professional (coach, dietician, therapist etc) to get on track?
- How many of your calories are coming from alcohol and sugary soft drinks?

### THE INFLUENCE OF FAMILY AND FRIENDS

- How does the lifestyle of family and friends affect your weight loss efforts?
- Can you accept the things you cannot change? If your world is filled with people who are couch potatoes – how do you plan to work against this culture? You cannot change the way other people act and the way they speak – "oh, so you're on another diet again are you?"... But you can choose how you will respond inwardly and outwardly – ahead of time.

### GETTING STARTED

Here's the exciting bit – First: start seeing yourself NOW as the person you will BE. If you have a picture of how you want to look put it in a place where you can see it daily like the bathroom mirror or on the fridge.

Second: Start behaving in a way that mirrors the behaviours of the kind of person you will become. Healthy people find joy in eating lean proteins, vegetables, fruits and salads so shift your thinking: stop seeing healthy living as a punishment and start celebrating the fact you are taking care of your body. Keep a journal of what you eat, feelings, thoughts and especially accomplishments. When experts say



"don't diet," make it a lifestyle. They mean that you need to change behaviours to lose weight. However, to lose weight for good, you must choose behaviours you can live with forever. You need to consistently ask yourself, "Is this change that I just made something I can do forever?"

Third: Stay focused on YOU; on YOUR vision for yourself. And don't be afraid to verbalise your desires to those around you so they can aid in your transformation. Fight for your future self, and celebrate every healthier choice you make.

By Lesley Wood.



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