

Think Yourself Slim

Day 1 – Goal Setting

Welcome to our 10 day Think Yourself Slim programme. We just know that you are feeling enthusiastic about your journey. You've made that first important leap of faith, CONGRATULATIONS!



Whatever happens after the 10 days we guarantee you will see change; you will create that change by putting aside some time each day just for you and by learning more about yourself. You will become your own coach.

You started this journey because you want to gain control of your weight and health and more importantly you want to do something about it. You want to change.

We believe everyone at some level wants to initiate change in their life; whether they want to change a problem that is limiting such as confidence, loss of control, motivation or another problem that they believe is holding them back. Some people are fearful of change and some people embrace change. The road to change can be emotional, enlightening, exciting and life changing. Most people who follow one of our programmes see other positive changes too; changes they were not expecting to see.

You have made the Think Yourself Slim promise however if you want to reflect on change a little more, take a look at one of our free articles (Article - Do you really want to change and Article – How NOT to change)::

http://media.wix.com/ugd/fec33e_39c053baee454c57bba8714d9cb0175c.pdf

http://media.wix.com/ugd/fec33e_151a0e70f29f4100806c745af7c150fc.pdf

Now you are 100% committed to making your change the next thing you need to do is state your goal!

Examples of your goal (the change you want to achieve) could be for example:

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- I am going to become more confident by learning to control my health and weight
- I can learn to control my weight by understanding what I eat and how it makes me feel
- I will eat 5 servings of fruits and vegetables daily for at least 4 days per week on Mondays, Tuesdays, Thursdays and Fridays
- I will drink at least 64oz of water per day at least 5 days per week. I will drink a glass of water before drinking anything else; furthermore I will have water with every meal.
- I am going to take one hour for myself every evening of the work week to turn off my work phone and computer. During this time, I will do something for me, spend time with my family, read a book, meditate or do something physically active around the house.

It may help you to write down the problem first, and then the opposite of what the problem is might be your goal, for example:

- PROBLEM - I am unhappy with my current weight, I do not feel healthy and I do not feel confident
- GOAL – I can become more confident by learning to gain control of my health and weight

To help you establish your goal, we've created some guidelines:

1. Your goal should be documented. Committing to and writing down your goal makes it more concrete.
2. State your goal in the way you want it. For example, rather than putting 'I wish I had more confidence' or 'I wish I was slimmer' make it a positive statement, such as 'I will give my presentation with ease as I have bags of confidence' or 'I am exactly the person I want to be'.
3. Is your goal value based? Make sure that the goal is related to your values as you will find it difficult to achieve if it's not. Values are meaningful beliefs or philosophies, such as belief in equal rights for all, honesty, commitment, prosperity, fun, happiness, love. Make sure that your goal is aligned to your values and beliefs.
4. Is your goal measurable? Will you be able to evaluate your progress as you move along your journey? Think about how you will measure success.
5. Make sure that you have the time to fulfil your goal. It is not a goal if you want it now.
6. Is your goal realistic? Your goal must be realistic taking into consideration your personal resources and abilities.

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7. Is your goal specific? Make sure that your goal states exactly what you are going to do.
8. Share your goal! Telling someone else about your goal establishes responsibility and support. If you prefer not to share your goal with friends and family, you can share it with us. Everything you share with us is confidential.

Now you need to write your goal down in your notebook.

It is important that we talk to you briefly about setbacks. There are many factors that can affect you reaching your goal; no matter how hard we try problems do get in the way. They will only be temporary setbacks and will not stop you from achieving your goal. A temporary setback is not an excuse to stop trying or state that you have failed or the programme has failed. Instead, we will look to re-examine any plan you have in place, revise it (or make a new one) and get back on track. Having setbacks is OK, as long as you 'get back on the horse' and never quit. Always ask for support if you need it.



During the next 10 days if you feel you are experiencing blockers or have experienced a setback it is important that you contact us so we can support you. If one process isn't working for you then we will just find another. You just need to have the commitment.

We have put together a number of FREE resources which we would like you to read as they will help you think a little more about your goals and making that change (Article – Goal Setting Process, Article – Advantages and Disadvantages of change):

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http://media.wix.com/ugd/fec33e_931c867bad1f4599999557d5512b0ecf.pdf

http://media.wix.com/ugd/fec33e_e5afc59cac344114b7f0d5757cebe0ac.pdf

Today we would like you to:

- Complete the 'Advantages and Disadvantages of change' sheet
- Read the article on 'Do you really want to change' and reflect on your responses
- Complete your goal. Make your goal the second thing (after your promise) you write in your notebook

With Love xxxx