

1. Define your WHY

What is your why? In other words, why do you want to make healthier choices? Define it below.

Examples of common whys:

Circle one or two reasons that you connect with and customise it, or come up with your own

- Healthy choices regarding eating and movement makes me feel more energised
- Moving my body regularly makes me feel more confident
- My digestive system is important to me
- I want to be a good role model for my family and friends
- I feel more confident when my complexion is clear, which nourishing foods and exercise help with
- I have fewer headaches when I avoid processed and sugar filled foods
- I feel in control when I stick to a meal and exercise plan
- A healthy weight and strong body will reduce my chances of health conditions such as...
- Making beautiful meals feeds my creativity
- Making informed decisions when it comes to the foods I eat and the way I move makes me feel good
- I am better able to focus and concentrate when I am well nourished
- My body heals faster when I care for it
- I sleep better when my body is properly exercised, nourished and hydrated
- I want to fuel my body for the type of exercise and movement I do
- Longevity in life is something that is important to me

Important tips:

1. Try to frame your why is a **positive** way (i.e. "I want to have more energy" as appose to "I want to be less tired")
2. **Write it down!** Simply think about your why isn't enough, you need to spend time visualising your why, see it repetitively and watch it coming true
3. If possible, incorporate a reason that is **bigger than you** into your why. For example, being healthy for the sake of a family member or the environment can be a big motivator.

2. Define your **OBSTACLES**

What obstacles have gotten in the way of maintaining a healthy way of eating in the **past**?
What obstacles can you foresee being a problem in the **future**?

Write down your top three obstacles below:

1. _____
2. _____
3. _____

Examples of common obstacles

Circle one or two reasons that you connect with and customise it, or come up with your own

- I feel too tired after work to cook or exercise
- I do not enjoy regular forms of exercising
- I do not have enough money to become healthier
- The idea of health really overwhelms me, I have no idea where to begin
- I am too busy to exercise regularly and cook healthy meals for myself and my family
- Take away and fast food meals are just so convenient
- I have a friend/partner/family member that is a bad influence on me and my healthy choices
- I have a lot of negative self-talk, and sometimes I self-sabotage
- I give into my excuses a lot of the time
- I never see any results
- I use food as a reward
- Sometimes I am starving so I just cave in
- There are too many picky eaters in my family
- I don't feel like I have the support of my loved ones
- My mindset is a real challenge
- I feel like there is never enough time in the day to get everything done
- It is too confusing to work out which exercise or diet is the best one to be focusing on
- I have to eat out/make unhealthy choices often for the kind of work that I do (i.e. conference meals, wining and dining clients, after work drinks)
- Healthy food tastes gross
- Temptation is just too hard to resist
- I do not know how to cook or exercise effectively
- It is all too hard and I want to enjoy my life, not live in a restricted way
- I have really crazy cravings
- I am an emotional eater

>> Now focus on your obstacles, one at a time and start to break these down and come up with solutions

Remember **BE + DO = HAVE**

3. Outline your **SOLUTIONS**

It is time now to break down your excuses and outline how you will approach solving the problems of these obstacles.

What **3 actionable steps** are you going to take to ensure that this obstacle does not become a problem for you in the future?

Obstacle 1:

1. _____

2. _____

3. _____

Example

Obstacle: I don't have enough money

1. Buy in bulk where possible, maybe even try to split the cost with a friend or family member
2. Buy in season cheaper fruits and vegetables, some may be ready-to-use and can be frozen until needed
3. Use affordable plant-based proteins like canned beans, dried lentils or even frozen peas

Example

Obstacle: I don't have enough time

1. Meal or food prepping once a week/fortnight/month and storing correctly will allow me to cook meals faster
2. When I do make meal, I will make a double portion and freeze the extra food for later
3. Look up quick and easy healthy recipes for times when I do not have anything pre planned

Important tip

1. At times you may forget to stick with your solutions, that is okay. Once you realise this do not beat yourself up, dust yourself off and try again. The goal here is to be **consistent**, that will take practise.
2. Revisit your solutions, try to see where you have gone wrong, if the solutions are not manageable or too hard maybe reassess them and make another list. You want to make these actions **simple** and easy to action
3. Change is hard. Do not try to tackle all your obstacles at once, become **confident** with one addressing one obstacle before addressing some of your others.

Obstacle 2:

1. _____

2. _____

3. _____

Obstacle 3:

1. _____

2. _____

3. _____

4. **TRACKING**

Now you have your motivation (your **why**), you have addressed what **obstacles** get in the way of you achieving that and you have brainstormed **solutions**. Now it is time to take action and **track** your progress. We feel more motivated anytime we can see our own progress and how we are moving towards our goals or our why.

Below you will find an example of a document that you can print out and use to track your own progress. Depending on your goal, this tracker may not be for you, create whatever form of tracker that will allow you to see your progress over time.

5. **Become ACCOUNTABLE**

Holding yourself accountable means you are creating a sense of responsibility to achieving your goals. By communicating your goals and holding yourself accountable you can create a great sense of ownership, pride and priority over your goals.

You can team up with a friend, loved one or professional who will keep you accountable, offer a fresh perspective and be someone who you can share your progress with. It is always helpful to have additional support.

Habit tracker date range: 17th – 23th of June 2019

MY WHY: I want to increase my energy levels and feel good each day

Tasks	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cooked a meal at home	✓	✓		✓		✓	
Went for an afternoon walk		✓	✓		✓		
Drank 2L of water today	✓	✓	✓		✓		✓



Habit tracker date range:

MY WHY:

Tasks	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday