

You need to lower your expectations.

You need to stop thinking you can change everything at once and then keep it up for months/years!

Tackling one thing at a time and slowly building up the challenge is the best, most sustainable, way to lose weight.

A lot of the diets and exercise programs will expect you to jump into it, full force, right from day one. How are you supposed to keep up with that? I know I would feel overwhelmed.

Do you agree that following 25% of a diet/or workout program is still better than 0%? Then, once the 25% feels sustainable and locked-in, you can upgrade to 50% of the program, and then eventually up to 75%, and then next thing you know you are doing and maintaining 100% of the program. Even if you never reach 100%, if you can follow a diet and exercise program 90-95% of the time you will be in a good place.

Try to upgrade the effort or level of difficulty only once per week (or once per 2-3 weeks). It is very hard for your body to adapt to something new, especially when it is still trying to adapt to the last new thing you introduced. Make sure you have a firm grip on something before introducing the next thing.

When you introduce something new, be sure to cut it into smaller chunks before you dive nose first into it. For example, eating healthy may seem like one new thing to introduce, but it actually involves a lot of different steps. It sounds simple but it really is not.

Eating healthy actually requires:

- Planning your meals/snacks in advance (sometime weeks in advance)
- Planning your grocery shopping list differently and then doing your grocery differently (different aisles - maybe even different budget).
- Cooking new things, possibly meal prepping (cutting vegetables, using the stove more, etc.).
- Eating different foods you're not used to
- Remembering to bring healthy food with you as opposed to relying on what is at your disposal everywhere you go
- Making healthy decisions when exposed to not so healthy foods.

The list goes on, but I think you understand the concept. All of these steps should be tackled one at a time.

Taking a goal and chopping it down to tiny steps is what will allow you to follow any program and actually stick to it. I know that building up slowly and attacking a goal gradually does not sound fun and sexy. But let me tell you what I've observed with myself and many of my clients throughout the years:

The results that are achieved using gradual steps are the results that last through time.

I could teach you how to lose 20lbs in 1 month, but I won't do that because you will most likely quit by week 2 or 3 and you will gain it all back. There are enough diets out there that can do that. If you are here going through this course, it means you've tried that and it didn't work for you. What I want to teach you is how to lose weight gradually and not put it back on the next month or year.

I wrote a book where I took the goal of losing weight and I've divided it into smaller, more achievable chunks for you. This will help you stay consistent and will therefore increase your chances of being successful.