

Today is Monday the 28th of November, it's just after 8 pm and Aidan reckons that the best way for me to achieve the goals I have is to put pen to paper. My name is _____ and as of today, I roughly weigh _____.

I'm good with that and I know I'm not defined by what the scales say but to be honest, I think I'd like to look at them and see _____. It's just short of four weeks to Christmas, so short term I think it's realistic that I could drop _____ between now and then.

If I break that down a little further that means I'm going to aim for _____ off per week. I know I can do that!

Everyone's reasons for wanting to lose weight are different. Most of them are very personal. For me the biggest reason I'd like to drop some body fat is

When I reach my goal I think it'll make me feel

And for me, that's important.

Being clear on how I'll feel if I can achieve the change I want will make this process a whole lot easier. It gives me a decision pathway that'll help me answer the challenging questions.

Should I eat this? Will it help make me feel _____? No. Cool, I'll pass then.

I think the biggest reason I'm not already at my goal weight is

Whenever I break those hurdles down to how it looks day to day some of the challenges I'm facing are

Apparently, success leaves clues. If I look at it through that lens then I guess someone who doesn't appear to face those same challenges must approach their day differently. Some of

the things they might do are

I could 100% do that.

I think one of the main reasons I'm currently not doing that is

What is the cost of the above in terms of time, energy and mental bandwidth?

And what would the value be of carrying out those tasks, building those habits and normalising those standards?

Quick maths....does the cost outweigh the value or does the value outweigh the cost?

Outside of fat loss I know there are so many other health benefits that I'd achieve as a result of making these changes, like

_____ and when you write it all out like that, it feels like an absolute no-brainer to start making a few changes!

I think a good place to start would be to see what I can take off my plate.
Both metaphorically and figuratively. Instead of adding more to what I need to do to get to where I want to go, I think looking at seeing what I could subtract might help ease how overwhelming starting down this road can be.

The first thing I could definitely do with having less of in my life is

And the most obvious place to begin dealing with that is by

Unreal. That's my first step, down on paper. One action that I know I can begin to normalise in my day-to-day life which will get me closer to my goals!

I could probably do with cutting back on _____
too. And the easiest way to do that will be by

This is so good. There are two things that I can act upon straight away that I know are going to make a significant positive impact on me straight away!

The idea of taking things away is to free up space to bring something new to the table. So with the energy which the above changes will offer me the first thing I'm going to start to try and do is

Class. It's all taking shape now.

But I think it might be worth sharpening the focus even more. If it's four weeks to Christmas and I want to lose _____, that means _____ per week. Sure, there'll be good weeks and bad weeks. Busy weeks and quiet weeks. I am a human, that is life. But as long as I raise my own standards and follow through on the things I've said I'm going to do, I know I'll move in the right direction.

After going through this process what does success look like in four weeks' time?

And the three simplest things that I can do to achieve that are:

1. _____

2. _____

3. _____

I refuse to leave anything to chance, so I'm going to go one step further. I'm not leaving a stone unturned. If I were to break down each of those points into a step by step process then it would look like this:

1. _____

2. _____

3. _____

Boom.

I can do that. I know I can. And I want to. I want to do those things because of the positive changes it'll make to how I look, perform and most importantly, how I feel about myself. And what I am capable of.

My name is _____ and I am in the position I find myself right now as a result of a series of decisions I've made over the course of the last few days, weeks, years and months.

And I am taking responsibility for where I go next by being informed, self-aware and clear on the steps I need to take moving forwards.

Watch out 2023. I'm coming for you.