



# SILENCING SELF SABOTAGE



## ACTION SHEET #1

Summarize, Personalize and Diarize...

Steps 1 & 2

**Define & Align:** *Discover the #1 thing preventing you from having your ideal body now*

*Mindset - this is the key, the magic that will almost ensure success or pretty much guarantee failure...the quality that sets apart those with results from those with excuses.*

*Your BELIEFS are going to help or hinder you in achieving your fat loss goal. So let's take a look at some of your beliefs right now;*

What is exercise to me?

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What is food to me?

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What is being fit and healthy all about?

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Why am I not at my goal weight already?

.....

How did I decide to believe that? ...or who told me to believe that?

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3 questions I've been asking myself that can not result in a good answer.

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Reframe those 3 questions to encourage the answers that will be of most value to me.

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**Galvanize**

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What have I been deleting that if filtered in would help me sculpt my ideal body?

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What have I been distorting that has been sabotaging my efforts?

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What have I been generalizing that has been a convenient excuse?

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*People who succeed at achieving and maintaining their ideal body shape and health are very clear on what they want. In addition to the experiences you want, your GOAL needs to be specific....Why specifically do I want to lose weight?*

For what purpose do I want this. What will this mean to me - to my ideal life?

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What is the value I am seeking behind this goal?

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How can I ensure that I will be living this value on the journey of achieving this goal?

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What will happen if I keep going down this track? What won't happen?

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What is this choice costing those I love?

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My present tense, personal and positive goal.....

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My clearly defined evidence procedure - "How will I know when I have achieved this?"

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What is the feedback I will be measuring to ensure I'm on track? How often?  
(photo, weigh-in etc)

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*Our VALUES are those emotional states or qualities that we value before anything else - they determine all of our decision making and therefore our destiny.*

What has been of most importance in your life? Not the emotional states you would like to think are your priority - the emotions that have until now been those you have sought out. Think about what truly makes you happy, what gives you a sense of achievement - consider where you spend your time and also your money. Take as long as you need to make a thorough list and then reduce it to just 5-7 values. Now order these top values; place them in a sentence to test how you feel about them - for example 'What in my life has been more important to me 'Health' or 'Family'? Once you have your top values in order it will become clear why you find it so easy to excel in some areas and not in others.

Here are some examples of values - though there are 100's more...

Love Freedom Security Safety Health Passion Vitality Adventure Honesty Integrity  
Respect Growth Wisdom Gratitude Generosity Playfulness Uniqueness Creativity  
Happiness Contribution Intelligence Connection Compassion Friendship Trust Fun

My Values...

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My Values in order of importance...

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Consciously or more likely unconsciously we all have created rules that tell us what must and must not happen for us to experience our values. Complete this question; *"What must happen in order for me to experience..."* for each of your top values and remember to conspire for your success.

Value: .....

Rules: .....

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Value: .....

Rules: .....

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Value: .....

Rules: .....

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Value: .....

Rules: .....

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Value: .....

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Value: .....

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Value: .....

Rules: .....

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*Now it's times to ALIGN your fat loss goal or even more importantly the experiences that you will enjoy once you have achieved that goal with your values, which determine the decisions you make and the actions you take.*

*Create a link between your health goal and how achieving it will enable you even greater success in achieving your core values and ultimate purpose in life....*

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*...now let's create even more massive emotional intensity around this. Your IDENTITY BELIEFS are what you believe to be absolutely true about yourself. These are beliefs that you will defend to the end - and as such they are your most sensitive beliefs.*

My Identity Beliefs...

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Does the belief get me the results I'm seeking - is it effective... or is it time to create some more empowering, more aligned and congruent beliefs that will propel rather than hold me back?

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## 5 Crucial Criteria for Guaranteed Goal Getting

- *Crucial Criteria #1) You must know your outcome (tick!)*
- *Crucial Criteria #2) Take action*

A new 90 DAY DIET and it's not about food! (List the 1st 7 days now)

- 1).....
- 2).....
- 3).....
- 4).....
- 5).....
- 6).....
- 7).....

- *Crucial Criteria #3) Have the sensory acuity to know whats working*
- *Crucial Criteria #4) Have the behavioral flexibility to change what's not working*
- *Crucial Criteria #5) Always operate from a physiology of excellence*