



# 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?

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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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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 you 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: .....  
Rules: .....

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Value: .....  
Rules: .....

*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*

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## ACTION SHEET #2

Summarize, Personalize and Diarize...

Steps 3 & 4

**ERADICATE & EDUCATE:** *Why what you've been doing doesn't work & what to do instead*

*Let's start off with a recap of those success strategies;*

- Success Strategy #1; You Must Take Control Of How You Interpret Your World
- Success Strategy #2; What You Focus On Is What You Get - To The Exclusion Of Everything Else
- Success Strategy #3; You Must Take 100% Responsibility For All The Results You Get In Your Life
- Success Strategy #4; You Must Get Rid Of Secondary Gain

If I continue to hold onto secondary gain how will my life look in 3 months time? What will I be seeing, feeling, hearing - what will I be telling myself?

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How will my life look in 6 months time?

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How will my life look in 12 months time?

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How will my life look in 3 years time?

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- Success Strategy #5; You Must Be Willing To Explore & Embrace The Unfamiliar

What am I afraid of?

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How does this fear hold me back?

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How does this fear help me - or how has it helped me in the past?

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What will be my pay off for eliminating this fear?

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List of the pro's and con's of your diet

Pro's: .....

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Con's: .....

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## Eating Strategy

'How do you know it's time to eat?'

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*(now swipe this strategy; 'because I have an eating schedule and I know I'm scheduled to eat 6 small nourishing meals every day')*

'How do you evaluate options?'

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*(now swipe this strategy; 'whatever fuels my body best - whatever feels the leanest, lightest and gives me the most energy')*

'How do you know it's time to stop eating?'

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*(now swipe this strategy; 'when I've eaten the amount that I've planned to eat, whether it be by macronutrient breakdown/serving size/calories')*

...if you find yourself wavering it's often hugely effective to simply ask yourself again;

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

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## Exercise Strategy

'How do you know it's time to exercise?'

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*(swipe; 'I have a training routine that I ENJOY and I know I'm scheduled to train 4-6 times per week. I know what I'm due to do each day and when a reason beyond my control causes me to miss a session I make it up another day that week')*

'How do you evaluate whether you will or won't?'

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**STRATEGIZE & PRIORITIZE:** *The proven system to ensure you can enjoy sustainable health & vitality*

Creating your Standards for Success - the daily rituals that create winning habits

Step 1) What are 12 rules you have created (either consciously or unconsciously) that allow you to achieve amazing results in one area of your life?

Area of my life that I'm excelling in: .....

The rules that support this success: .....

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Step 2) Now take inspiration from the above standards and document your new Health Standards. (it's amazing how transferable these standards can be)

The rules that support this success: .....

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Your own example will get the ball rolling - however I've also included my Fat Elimination standards as an extra reference. Please note that these allow me to hit my goals which are likely different to yours...all I'm trying to say is if you're 'looking for the catch' look for aspects that would work for you rather than aspects that wouldn't! :)

- Feeding Frequency 5 - 6 meals per day
- Avoid carbs from lunch onwards
- Train at a set time and love what I do
  
- Eat natural, nourishing, non-fake food and drink
- Lift weights 4 times per week
- Include a cheat morning and rest day every week

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- Multi-task cardio for time effectiveness (audio while walking the long way to the gym)
- Include heaps of veges with lunch and dinner (and generally breakfast too)
- Never be swayed by peer pressure / social inconvenience
- Awake at 5am and walk 60-90 minutes 5-6 days per week
- Travel by foot wherever possible
- Include lean protein with every meal
- Organize my meals (always prepare multiple meals at a time)
- Never start making excuses because where would I stop

## My Perfect Fat Burning Day

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Meal 1: .....

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Meal 2: .....

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Meal 3: .....

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Meal 4: .....

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Meal 5: .....

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Meal 6 (optional): .....

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## My Perfect Fat Burning Weekend Day

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Meal 1: .....

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Meal 2: .....  
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Meal 3: .....  
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Meal 4: .....  
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Meal 5: .....  
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Meal 6 (optional): .....  
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Include the time you wake up, the time you get to bed, the cardio you do, the weights you do, water - coffee and all food consumed...also the work you get done - everything that happens in your perfect fat burning day should be documented.

Here are some examples of moving away values - though there are 100's more...  
 Anger Hurt Depression Jealousy Frustration Inadequacy Resentment Failure  
 Loneliness Rejection Guilt Humiliation Stress Sadness Procrastination Fear  
 Judgement Hatred Trapped Intimidated Unsafe Cynical Confused Powerless

My Moving Away Values...  
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My Moving Away Values in order of importance...  
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Complete this question; *“What must happen in order for me to experience...”* for each of your top moving away values and remember to make it tough!

Value: .....

Rules: .....

Value: .....

Rules: .....

Value: .....

Rules: .....

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What I intend to give in return for the attainment of this goal - my commitment to myself.  
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