



SILENCING SELF SABOTAGE



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')

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

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(swipe; 'I stick to set days and times; my schedule is 'booked in' and non-negotiable while flexible enough to not be effected by factors such as weather or other people')

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

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(swipe; 'When I've completed the amount scheduled. I exercise enough that I know when to listen to my body and do take an unscheduled rest day or exercise at a lower intensity when my body needs it')

Motivation Strategy

Step 1) How do you 'do' the strategy that doesn't work for you?

Example: a) I look at my goals b) I feel doubt/confusion as to whether the methods will really work c) I tell myself that I can always do it tomorrow as one day won't make a difference and is it really going to work anyway? RESULT: those work-out clothes are going to stay crumpled up under the bed for another day....and another day....and another day.... :(

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Step 2) How do you 'do' the strategy that does work for you? (this may be in relation to business, your hobby, spending time with your family - listen to the DVD again and let's go through the strategy you run well together right from the first trigger, that very first thing that caused you to feel totally motivated)

Example: a) I think about/tell myself how important this is to my core identity beliefs, values and happiness b) I evaluate what needs to be done c) I think about how good the results will make me feel. RESULT: action!!!

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Step 3) Model across the steps from your own effective strategy - do it now!

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