



SILENCING SELF SABOTAGE



ACTION SHEET #3

Summarize, Personalize and Diarize...

Steps 5 & 6

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! :)

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- 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
- 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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SILENCING SELF SABOTAGE

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!

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Rules:

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Value:

Rules:

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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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