Getting Started:

Getting Clear about where you are vs. where you want to be

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1. Write two commitments to your body that you've been putting off which, when you make them now, will change your life for the better. Be specific, and as thorough as possible.

2. Now that you've decided what commitments need to be made, you must make a decision and take immediate action. What are three simple things you could do immediately—right now—that would be consistent with your commitments and new decisions? (For example, Who could you call? What could you commit to? What letter could you write? What could you do instead of your old behavior? List the immediate actions, and then take action on them right now, in this moment.)

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3. What are you goals? What would you like to accomplish? List out all the physical things that you would like to achieve (For example, feel more energy, feel more alive, have greater vitality, look good in a swimming suit, lose 10 lbs, lower body fat percentage, get a toned stomach, etc.)

4. Now determine the WHY behind every goal you listed above. Be specific! WHY WHY WHY. Get down to the ROOT cause of your desire (For example, "I want to feel more energy so I can be a better parent for my kids. I never seem to have the energy to play with them." "I want to look good in a swimming suit so when I go to the pool I feel proud of my body instead of being ashamed,"etc.)

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5. Now it's time to get leverage on yourself. For each of the goals listed above, describe in a paragraph what it WILL COST you if you DO NOT follow through and make it happen. What will you miss out on? What will you lose? What will you feel like if you don't make it happen? What parts of life will you be missing out on? What are the implications of not following through?

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6. Time to get even more leverage. What are all the benefits you'll GAIN by taking action to accomplish each of these goals? How will it enhance your life? How will it create greater joy, happiness, success, freedom, pride, etc? What implications are there for following through? How will it benefit you and the people around you?

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7. Finally, what has kept your from following through in the past? What kind of mental changes will it take for you to not get caught in that trap again? There is always a solution, it just has to be found. What is the solution for your situation? What changes will need to take place to absolutely ASSURE that you will accomplish what you are setting out to accomplish?

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