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Brittany
Make sure to get plenty of rest before and after each workout.

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MICHAEL_SCHOLTZ
Posts: 15890
12/8/07 11:41 am

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Michelle,

You're welcome. You're doing some good "thinking work" here. And Greg's follow up is great. That's the perspective that will empower you beyond anything you've done before.

I'd like to include on more piece to be incorporated whenever you're ready.

A good way to keep your focus on things you can control (behaviors) vs things you can't or where you very limited control (what the scale says on a given day) is to set great goals. Below is some info on how to get started:

Vision and Goal Setting

Here's what you need to build a great foundation for change and then actually see that change occur. Keep in mind that you can jump in at the "later" steps, but it is equivalent to only building the penthouse of your building without the foundation in place, or perhaps with the foundation on shaky ground! When you do this you are setting up rules rather than goals. Goals take into account any obstacles that might come up and solutions and strategies for overcoming them.

Step 1: What's your vision?

If you look into your crystal ball what do you see as your ideal self? This vision is not bound by a certain timeframe.

Make your picture as clear and emotional as you can. Say what it is you want, where you want to go, how you want to live. This is much more powerful than saying "I want to be toned" "I want to be healthy". Those are dry and textbook and leave you waking up one morning saying "Who cares".

Instead, your vision might be "I want to enjoy an unforgettable trip to Europe and see it on foot with no restrictions from my health or physical condition".

Step 2: What are your 3 month goals?