



M.A.N.E. Framework (4)

M – Prioritising For Success
A –
N –
E –

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Mindset

Prioritising For Success

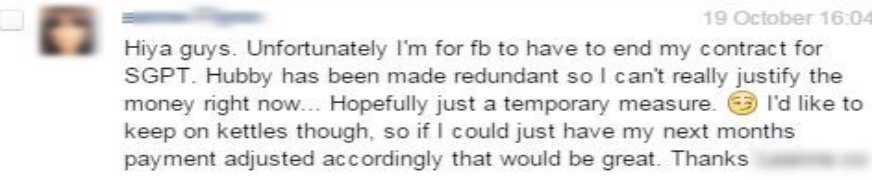
When you prioritise your goals, your health and well being, and everything that entails, then you vastly increase your chances of succeeding. Likewise, the exact opposite happens when you choose otherwise.

You have to be serious about changing your relationship with food, because temptations are all around. It's hard to even pay for petrol, without walking past dozens of chocolate bars, designed in a lab to get you hooked on food and lining the pockets of the food company. But you can still stay in track with your clean eating, when you make it enough of a priority.

If you get 'too busy', and start picking up packaged sandwiches, then you can expect to see your waistline expanding. If you feel that eating healthier 'costs more', and you'd rather save the money, you'll only pay for it later when your favourite outfits no longer fit, and your health goes to pot.

If the cost is too high, yet you're able to go to Florida and to eat out regularly, then the cost can't really have been too high now, could it? If you have boozing weekends away with buddies, then you might want to add up the cost of that to see which costs more – eating clean, or boozing and partying.

We had one lady tell us that her partner had been laid off, and she couldn't continue with her Small Group Personal Training plan. Of course we sympathised and cancelled her direct debit. Only a few days later, she posted about how she was heading off on a boozing weekend with the girls in Belfast, and then shortly after that she was posting about her shopping trip, cocktails and afternoon tea. What were her priorities then?

 19 October 16:04
Hiya guys. Unfortunately I'm for fb to have to end my contract for SGPT. Hubby has been made redundant so I can't really justify the money right now... Hopefully just a temporary measure. 😊 I'd like to keep on kettles though, so if I could just have my next months payment adjusted accordingly that would be great. Thanks

 19 October 16:25
Sent by Derek Thomson [?]
Sorry to hear about his redundancy. One door closes; another opens.
We'll get next month's payment adjusted. Ta. DT

 25 October at 11:12 · 🧑
So within half an hour of waking up I seem to have myself booked on a flight for a girls weekend in Belfast 🙄🙄🙄🙄🙄🙄🙄🙄
Ok then..... If I must 😊

 1 hr · Edited · 🧑
😊 feeling like i need a kick up the bum! with
Fair excited for a day out in Glasgow with my handsome hubby; shopping, cocktails, afternoon tea & then some belly laughs at Kevin Bridges later.... 🍷🍷🍷
That's if I ever get my ass in gear 🙄🙄

If you start to cave in to temptation regularly, when others around you eat rubbish, then you will run into trouble. And having 'everything in moderation' is not actually healthy, despite anyone (or any food company) telling you that it is.

Ultimately, to combat all of this, you need to make your goals a priority. This means updating them periodically and being accountable at the highest level. Hang up the clothes that you want to get into, in full view, so that you are always reminded of why it is that you're doing this. Have a polite word with those that eat crap in front of you, and ask that they allow you to eat healthily and don't try to tempt you to stray. Tell them it's important to you.

Block off time in the diary, not only for attending training and this group, but for meal prep also. The most successful clients that we have put some time aside for meal prep each week. It needn't take up hour upon hour. Use the slow cooker and just chuck everything in that you want to have. You can even block off an additional time near the end of the week, just in case you miss one of your planned sessions, so that you still have one more chance each week to get in.

Things that you need to be making a priority:

- 1 – keeping in the right place mentally (no guilt or self-loathing)
- 2 – ensuring that you don't end up falling into 'pitfalls' along the way
- 3 – getting back on track asap after a relapse
- 4 – being around the right people (circle of influence)
- 5 – renewing goals regularly
- 6 - meal prep
- 7 – your health and well being
- 8 – frequent attendance (at least twice per week)

Most commonly cited excuses for not sticking to the plan:

- 'Too busy/lack of time'
- 'It's just too hard to stick to those healthy foods'
- 'Social life'
- 'Everyone else around me eats...'
- 'The people I was with...'
- 'Healthy food costs more'
- 'Everything in moderation is good for you' (They said this about cigarettes previously).

Really all of this can be summed up in just a few words:

“It's not important enough to me”

Ditch the excuses. If you want it enough you'll find a way. If not, you'll find an excuse.

'Not To Do Lists'

You can use 'Not To Do Lists' to keep you away from doing things that sabotage your progress.

These can be used for everything from time management to removing temptations to avoiding 'crabs' to help you to stay on track with your nutritional intake.

Things you could put on your 'Not To Do List'.

Do not hang out with persons who encourage me to eat takeaway foods all the time.

Do not beat myself up and feel guilty when I relapse (guilt looks for punishment, which usually comes in the form of harmful junk foods).

Do not use excuses about 'lack of time' or similar which can prevent me from achieving my goals.

Do not have chocolate, sweets, cakes and biscuits in the home, work place (where possible) and car.

Do not go into 'denial mode' and kid myself on that 'it's easy, I got that half stone off before and can easily do it again within only a few weeks' while happily wolfing down ice cream, fizzy drinks, cocktails, take away foods or other junk foods.

My 'Not To Do List'

What can you put on your list that will help to keep you away from the very things that have put the weight and size on you?

Do not

Do not

Do not

Do not

Do not

Do not

Do not

Do not

Do not
