



M.A.N.E Framework

How To Beat The
Guilt For Better
Results

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GUILT &
REGRET

There are many times on your journey that you will relapse.

This relapse may last for one snack, one meal, one day, one week or even months.

When this happens, you will possibly be struck by a feeling of guilt, or disappointment in yourself.

But is this helpful?

When you feel guilty, what is your internal voice saying?

Are you berating yourself?

Imagine if you had a friend always berating you, making you feel ashamed of your actions.

Would you want to hang out with them or would you avoid them?

So why speak to yourself internally, how they would speak to you?

There is no good that will come from feeling guilty and berating yourself.

EVERYBODY slips up at some point.

You are being tempted by companies with no morals, who are making you fight against your very genes.

The moment you realise this you will be in a better place to do something about it.

The biggest issue with guilt is...

Guilt seeks punishment!

If you're seeking punishment it's likely to come from more of those irresistible foods that you know have put weight and size onto you.

This means more junk food consumed, yet more guilt, and more body weight and size gained.

The alternative, guilt-free method

Realise that you had a blip.

This blip was largely caused by your own genes attracting you to the junk food, making it difficult to resist.

Refuse to berate yourself. Everybody slips up, so it's not a case of 'you're so stupid' or any of this kind of negative self-talk.

Remind yourself of how you were eating before you began this journey.

How many bad meals/bad foods did you have then compared to now?

So how much progress have you made since you decided that you wanted to change and started doing it?

Tell yourself that you've done brilliantly and that you just had a blip and can get right back on track because you were doing it before and can do it again.

Is the glass half full, or
half empty?



You might already have added many quality years to your life through the lifestyle changes that you've made.

Start afresh at the very next meal. The sooner you're back on track, the more time you'll spend progressing and the less time you'll spend regressing (gaining).

Have a healthy relationship with yourself as best you can, and push away the voices of guilt, replacing them with voices of praise.

If you've had 9x great, healthy meals and 1x bad one, and you used to eat 10x bad ones, then you've done brilliantly and made a huge amount of progress.

Clear out items from the home and work place again if you have to.

Now be prepared to kiss goodbye to the guilt and start afresh with a new voice to listen to (the one in your head that is of your making).

Thanks For Watching Today

If there's anything else that we can do to help, or if you have any questions, then please, just say/ask (Either now or drop me a message later).

DT



RESULTS

Personal Training & Group Fitness