

Don't Quit!

By Lisa Branigan, Life Coach

How many times have you started a diet or health plan only to quit after a few weeks? Maybe more often than you'd like to admit! How can you set yourself up for success and limit the temptation to quit? Plan well!

Once you have decided on your goals or what it is you're trying to achieve there are some tips that can help you succeed.

Work on one goal at a time. Don't cause yourself stress trying to make too many changes at the same time. Possibly some of the things you are trying to change are die-hard habits that need to be tackled slowly and consistently for the desired changes to become the new habit.

Break down your goals into smaller pieces. For example, focus on the half a kilo you want to lose this week compared to the 20 kilos all up.

Tackle only one piece at a time. Have you ever heard the saying, "How do you eat an elephant?" (One piece at a time!!) Biting off more than you can chew will only set you up to quit. To succeed, work on one small piece of your goal and only move on to the next step when the first step is complete.

Prepare and plan for obstacles. What will you do *WHEN* (not if) you get offered a slice of chocolate cake while on your diet? What will you do when it's raining outside and you were planning to go for a walk? By planning ahead you won't be put off or tempted to quit when obstacles arise.

Don't give up if you slip up. So you don't lose your half a kilo this week, don't quit, just start from where you left off and learn from the slip up. Why did this happen? What will you do to prevent it happening again?

Celebrate every success. Every step towards your goal is a success. Reminding yourself of that and celebrating every success will help you stay in action and leave you feeling proud of what you've achieved. Reward yourself with every weekly step you accomplish. Go to the Day Spa, visit a friend, buy a small treat, whatever will reward you for your accomplishment.

Get support. You've heard it said that two heads are better than one so share your goals with others. Being accountable to others curbs the temptation to quit. Who can support you? Friends, can you find a diet buddy? Join a support group (diet group/health club etc). Or get the help of a professional such as a Dietician, Counsellor or Life Coach.

This week set up a plan of success. Work out what obstacles will get in your way of succeeding and how you will combat these. Above all set yourself up for success and limit the temptation to quit!

Email me for your "FREE" goal Obstacle Planner

lisa@quantumcoaching.com.au

Lisa Branigan is a Certified Associate Life Coach working with women who are stressed, tired and overwhelmed with their busy life. She is a writer, speaker, regular guest on ABC radio and contributor to Australian Natural Health magazine. Contact Lisa for a complimentary 30-minute phone coaching session. Phone: (08) 9757 3750 mobile: 0439 828 594
Email: lisa@quantumcoaching.com.au
Website: <http://www.quantumcoaching.com.au/>