

# Succeed With Weight Loss

By Lisa Branigan, Life Coach

If you truly desire to lose weight, this must be treated as a goal not just a wish. Only by doing this will you be able to make a plan of action that will help you be successful.

Follow these steps to start you down the path to success!

The first step in your weight loss goal plan is to set the goal correctly. I have discussed **S.M.A.R.T.** (Specific, Measurable, Action based, Realistic, Time Bound) goals in a previous newsletter found here:

<http://www.whas.com.au/newsletter/edition1.9/succeed.php>

A short cut to help you make your weight loss goal SMART is to fill in the blanks in this sentence:

“I **WILL** lose \_\_\_\_\_ kg by the \_\_\_\_\_ (day) of \_\_\_\_\_ (month) \_\_\_\_\_ (year).”

For example: “I **WILL** lose 10kg by the 6th of June 2006.”

Next write down this SMART goal and keep it in a highly visible spot (like the fridge). Writing down your goals and keeping them in view helps your subconscious work with you to achieve your goal.

Now you have your long term goal set, you need to plan your weekly action steps. This is a way of breaking down big goals into smaller, more manageable pieces. With your long term goal in mind ask yourself how much weight you will lose this week. (Remember 1/2kg-1kg is ideal-no more!). Write that as this week's SMART goal.

“I **WILL** lose \_\_\_\_\_ kg in the next 7 days.”

Once again this mini goal is placed in a highly visible spot!

The next step is to work out how you will lose that amount of weight this week. You will need to look at an eating and exercise plan that suits your lifestyle. (See my FREE weight loss success planner for help). This also serves as a shopping list.

Now consider what exercise you will do, on which days, to support your weight loss plan. You will also need to think about what will best motivate you to exercise. Do you need to join a gym or some kind of exercise group? That takes us to my biggest and best tip!

Make sure you set up support and accountability structures. Most people ignore this step and this can be the make or break factor. Think about what support and accountability structures you need to be a success.

Could you:

- |   |  |
|---|--|
| Find a weight loss buddy?   | Have an exercise partner?                  |
| Join a weight loss or exercise group?                                       | Become a WHAS member?                      |
| Join a weight loss coaching group?  | Involve the whole family?                  |
| Hire a Life Coach?  | Keep a daily achievement and plan journal? |
| Join an online weight loss chat/support group (see Google or Yahoo groups)? |  |
| See a weight loss or eating disorder counselor (if applicable)?             |  |

The key to success is to set your goal correctly and then break down the goal into daily tasks. Don't get overwhelmed by the big goal, just focus on what you need to do today and what support is required to achieve each step. You will then be set to succeed with weight loss!

**Email Lisa for your "FREE" Weight Loss Success Planner or information on her Weight Loss Goal Groups. [lisa@quantumcoaching.com.au](mailto:lisa@quantumcoaching.com.au)**

**Lisa Branigan is a Certified Life Coach working with women who desire to improve their health and wellbeing to live a happy, healthy and fulfilling life. She is a writer, speaker; regular guest on ABC radio, contributor to magazines and newspapers and the author of "Life Solutions" a free monthly newsletter for women.**

**Contact Lisa for a complimentary 30-minute phone coaching session.**

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