

THE PLAN FOR WHEN IT GETS TRICKY

If you're upset about something you do - maybe it's eating pizza for dinner 4 times a week after declaring "I'm going low carb" - look, don't worry about it.

LET'S FOCUS ON WHY IT'S HAPPENING.

For example, buying a pizza for dinner is cheap and easy. And no dishes! But... It's not very nutritious, doesn't keep you full, and the dairy is causing break outs...

Yada yada yada, you know you should be making better choices. But why don't you? Something is throwing you off track.

SO LET'S FIND OUT WHAT IT IS!

List every hurdle you can think of and then come up with 6 ways to get around it. Take a look at the example below, then have a go.

1. Write what you're wanting to achieve (and why?)
2. List your hurdle (what's stopping you from reaching your goal?)
3. List six things you can do to make that happen (and why that'd help)

GOAL	HURDLE
Avoid junkfood as I spend lots of money eating out & they aren't healthy meals	Cravings for junkfood & sweet stuff
SIX WAYS I CAN OVERCOME THAT HURDLE	
<i>Bulk meal prep on Sundays so I can grab them from the freezer</i>	<i>Have a stash of filling foods at work like almond milk & protein smoothies so I can grab them whenever</i>
<i>Eat more good fats like avocado, coconut oil, macadamias and olive oil so I physically feel fuller</i>	<i>Make a list of what I CAN eat, rather than thinking about what I can't eat</i>
<i>Use a meal planner and plan 2 weeks' worth of meals so I'm not winging every single meal</i>	<i>Leave my bank cards at home & unlink payment info on my browser so it's not easy for me to buy lunches</i>

GOAL	HURDLE
SIX WAYS I CAN OVERCOME THAT HURDLE	



HOW TO MANAGE HURDLES & TEMPTATIONS

GOAL	HURDLE
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SIX WAYS I CAN OVERCOME THAT HURDLE

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GOAL	HURDLE
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GOAL	HURDLE
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GOAL	HURDLE
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