



YOUR WINNING GAME PLAN FOR THE FESTIVE SEASON

THE FESTIVE SEASON CAN BE A BIT OF A CHALLENGE, HOWEVER, IT CAN BE A FABULOUS TIME TO MAKE SOME POSITIVE CHANGES IN YOUR LIFE.

By Jennifer Atkins

Do you want to look and feel amazing when the clock ticks over to 2010?

What you do or don't do over the festive season will make all the difference. It is important here to be really honest with yourself and make sure that your actions align with your health and fitness goals. It is important to say here that if you just want to relax and eat and drink whatever you like during this time,

then that is ok too, but remember, that is the choice you made.

Setting yourself health and fitness goals is not enough to make miracles happen, so don't set yourself up for failure. If you are not willing to take the action required to reach your desired goal, then change the goal. If you are focused on your goal you will choose to make decisions that will support your goal instead of hinder it. Get the balance right and you will reap

the rewards!

Believe in yourself and the power within to make the healthiest choices for your life.

HOW DO YOU STAY FOCUSED?

Take a moment and honestly answer the two questions below for yourself. Then take action.

- What do you want to change in your life?
- What are you going to do about it?

HOW BAD DO YOU WANT THIS?

Often the biggest challenge we face in achieving what we set out to do is maintaining momentum. Simply keeping on track and not giving up can sometimes feel a huge challenge. The good news is, you're not alone in this - lots of others feel the same. Follow the tips below to feel fabulous and stay motivated over the festive season.

» Be sure that you really want to achieve what you are setting out to achieve.

This means that not only do you really want the end result, but that you are also prepared to put in the time and effort needed. Without this strong sense of desire, there will be little motivation for you to reach your goals and it will be too easy to give up.

On a scale of 1 to 10, how committed are you to achieving this goal? If you only score a 5 or 6, you will have insufficient drive to get you there. Ask yourself what you could do to increase your score to at least an 8 and then set out to resolve that.

If you find you really don't have the desire required, think again about your original goal - maybe it is too difficult a challenge at the moment or maybe it's simply the wrong goal for you.

» Set yourself a clear and specific goal - exactly what do you want to achieve and by when?

» Break your goal down into small steps to follow each day so that the goal is really achievable and you will avoid feeling overwhelmed.

» Ensure you have a positive mental attitude.

Stop for a moment to focus on the benefits of achieving your goal and all the great things that could happen as a result of achieving what you're setting out to do. For example, how will you really feel if you do drop that dress size, get that extra energy or have more confidence in yourself? And what difference will it make to you?

Take time out each day to sit down and really visualise how it will feel to experience

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those positive feelings.

» Really believe that you can achieve your goal.

As Henry Ford once said, “Whether you think you can, or you think you can't - you're right.” If you find yourself slipping into negative self talk, stop yourself immediately and change it into something positive. For example, if your enthusiasm starts to wane and you find yourself thinking about what you are missing out on, remember to focus on what you're achieving. Reaching your health or fitness goal will be so fantastic compared to the short term pleasure you get from the canapés and champagne at the Christmas party. Build on your focus and you'll soon find it easier to pick yourself up and carry on.

» Set yourself a reward for your achievements.

There may be moments when your motivation slips, even when you feel like giving up. If this occurs, knowing that there is a reward to look forward to can help (though obviously not one that will sabotage your efforts, like rewarding yourself with a big cream cake if you are trying to lose weight). Set yourself a reward that will pull you through the difficult times. Promise yourself a massage, manicure or perhaps a new dress - and then enjoy celebrating your success!

» Be Inspired.

It is important to understand the difference between inspiration and

motivation. In a coaching context, inspiration is the compelling vision, purpose and values-connected objective. If you are inspired by something, you will put in the necessary action to achieve it.

Inspiration is focused on the positive. Whereas motivation tends to be focused on fear, particularly the fear of under-performance or not achieving your goal. People are typically motivated more than they are inspired. With motivation, they are moving away from an undesirable state and therefore will put in the effort to avoid the negative consequences. However, motivation is often less effective than inspiration and takes more energy. Inspiration typically brings faster results with less effort, although not in every case.

» Get some support from someone to help you through the difficult times.

Ask a friend, a colleague or a coach to help you. Find someone to cheer you on, to talk to and help motivate and inspire you when the going gets tough. It can make a real difference to have someone there with you, so seek out the right person for you and tell them your plans. And use their enthusiasm to spur you on to take action towards your goals today. Very few people achieve success on their own, so don't be afraid to ask for some help and support.

Enjoy this festive season and make it your best one yet! ☺

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