



LOOK BACK

LEAP AHEAD

HOW TO WIN

EVERY DAY

- SHAWNA KAMINSKI

Look Back → Leap Ahead How to Win Every Day

Tired of failing at your health goals?

Sadly the majority of people set themselves up for failure time and again. This applies to your health, career, relationships, everything. Is this you?

You're about to discover the simplest way to ***always win.***

It's a weekly exercise that will take you less than 10 minutes to complete, but will make all the difference so that you can continually take baby steps towards your goals.

First of all, let's look at the actual goals that you're setting. The key to success with setting a goal is to keep these five things in mind:

1. Know your reason WHY you're setting the goal.
2. Set goals that are measurable.
3. Break your goals down into smaller ones and celebrate each win.
4. Set a deadline for accomplishment.
5. Build in accountability and support.

Take a look at the first worksheet and fill in the blanks. It will walk you through the five steps of setting your goal in such a way that it will set you up for success.

Next, let's look at the big problem that goal setting presents. You see it's rare that you achieve EXACTLY what you envision. You likely miss the mark by a little bit. Then, rather than focusing on hitting that target at all, you focus on what was missed.

Let's take some examples.

Ms. Smith wants to get into a bikini for an upcoming holiday. When she succeeds at losing five pounds, rather than celebrating the five-pound loss, she focuses on the saggy skin around her belly.

Or, Elizabeth wants to cut back on liquid calories. Typically she had two glasses of wine every night. She successfully cut back to one glass of wine but when questioned, she didn't feel the win because she was still drinking one glass of wine each night.

These ladies felt like they failed. Failure is not the motivation needed to push ahead. Chances are when in a failing mindset, giving up seems like an option.

Let's turn it around.

If each lady **looked back** at their progress they would see themselves as winners. Mrs. Smith is 5 pounds lighter and Elizabeth has cut her wine consumption in half.

By **LOOKING BACK**, these ladies are more likely to **LEAP AHEAD** to success— whatever their goal is – because they can see **progress**.

The first work sheet you'll find will help you set your goals. It will walk you through the five questions to help set yourself up for success.

The next worksheet will dive right. It's designed to be used after ONE week of setting your goal. It will have you focus your past wins. What went well? Did you make some progress? As long as you are making better choices than you did in the past, you're ALWAYS winning. It's a matter of perspective.

Next, setting yourself up for the future win is important. Most people have an idea of what their upcoming week looks like and what possible obstacles might be in the way.

My suggestion is to make a plan for overcoming each potential obstacle you foresee. After all, you know the saying: Failing to plan is planning to fail.

Your third worksheet asks you to predict any possible snags in your week and provide three solutions so

you can still win at your goal. Let me give you an example.

Barbara's goal is do four 20-minute workouts a week. She has a business trip that will conflict with two of her usual workout times. This is an obstacle to her four-workout/week goal so she could:

1. Take her Ipad and do a My Bikini Belly workout in her hotel room.
2. Plan to do her workout on a day she's not travelling.
3. Plan a different sort of workout at her destination.

Do you see how that works? When you're armed with a solution, obstacles no longer get in the way.

Take 10 minutes on a Sunday to reflect on your wins from the past week and also to make a fail proof plan to succeed in the future.

You'll surprise yourself at how effective this SIMPLE tool is see your wins and how one win builds on another.

Here's to YOUR wins!

Worksheet Review – What to Do

Part 1 - Setting the Stage for Success

Spend a few moments really thinking about what you'd like to accomplish and then fill in these answers:

1. What is your reason WHY you're setting a particular goal?
2. How will you measure if you've succeeded?
3. How can you break your goal down into smaller chunks? What reward will you give yourself for achieving each small goal?
4. What is the deadline for accomplishment?
5. Who will you turn to for accountability and support?

Part 2 - Past Wins

List one 'win' in each of the categories from the previous week.

Why was it a win? How can you repeat or increase the win in the future?

Categories include:

- **Fitness victory** – This is related to ANY progress made to more active living, exercise, active recovery etc.
- **Nutritional Success** – Did you make ANY better choices nutritionally?
- **Wellness Win** – This is related to your overall health and wellbeing. This can be related to physical health or emotional wellbeing. For example, this might include things like proper sleep, stress management, setting appropriate boundaries, scheduling ‘me’ time, etc.
- **Positive Attitude Adjustment** – Perspective is everything. Did you handle situations with a more positive perspective? Could you find the silver lining in a difficult situation?

Part 3 - Future Wins

The best way to succeed is to plan for it.

→ *Failing to plan and planning to fail* ←

Take a look at your schedule for the upcoming week.

What do you anticipate as future obstacles that could get in the way of your goals?

List up to three potential solutions for each obstacle.

WORKSHEETS

SETTING THE STAGE FOR SUCCESS

GOAL - _____

What is your reason WHY you're setting this goal?

How will you measure this goal to know if you've succeeded?

How can you break your goal down into smaller chunks? What reward will you give yourself for achieving each small goal?

Smaller goal #1

Mini Celebration #1

Smaller goal #2

Mini Celebration #2

Smaller goal #3

Mini Celebration #3

What is the deadline for accomplishment?

You will be more successful when you tell at least ONE person of your goal, who will this be?

A support network is key, who will you turn to?

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Fitness Victory	Nutrition Success
Wellness Win	Positive Attitude Adjustment

LEAP AHEAD

Future Wins for the Week of _____

Potential Obstacle #1	Potential Obstacle #2
<p>Possible Solutions:</p> <ol style="list-style-type: none"> 1. 2. 3. 	<p>Possible Solutions:</p> <ol style="list-style-type: none"> 1. 2. 3.
Potential Obstacle #3	Potential Obstacle #4
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