Getting Back on Track

The purpose of this workbook is to help you:

a) prevent yourself from getting off track in the first place by recognizing the times that you need to scale back your efforts to avoid waffling between all & nothing

b) get yourself back on track sooner than later when it does happen

There are 3 steps:
1) Call attention to the thoughts you're having that are supporting your all-or-nothing mentality.

2) Determine what dial setting you can commit to despite whatever else is going on in your life.

3) Develop your specific plan so you know exactly what actions to take, what obstacles you might face, and whose help you need.

You may not need it now but it'll be a great resource to have during challenging times.

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Getting Back on Track

Use the following page to help you see the power of your thoughts and how they create your results.

EXAMPLE

CIRCUMSTANCE (a neutral fact):

Haven't worked out in 3 weeks

CURRENT

Thought: I failed again. This always happens. Life is out to get me.

Feeling: Defeated

Actions: None, why bother?

Results: Continue to not see progress, feel crappy, backslide

ALTERNATIVE

Thought: I know what to do to start again.
There are plenty of ways I can stay active.

Feeling: Confident, empowered, hopeful

Actions: Go for a walk, do a YouTube work out, bodyweight circuit

Results: Feel better, get closer to goal, build momentum to continue

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Getting Back on Track

Fill in this page to help you see the power of your thoughts and how they create your results.

CIRCUMSTANCE (a neutral fact):

CURRENT

Thought:

Feeling:

Actions:

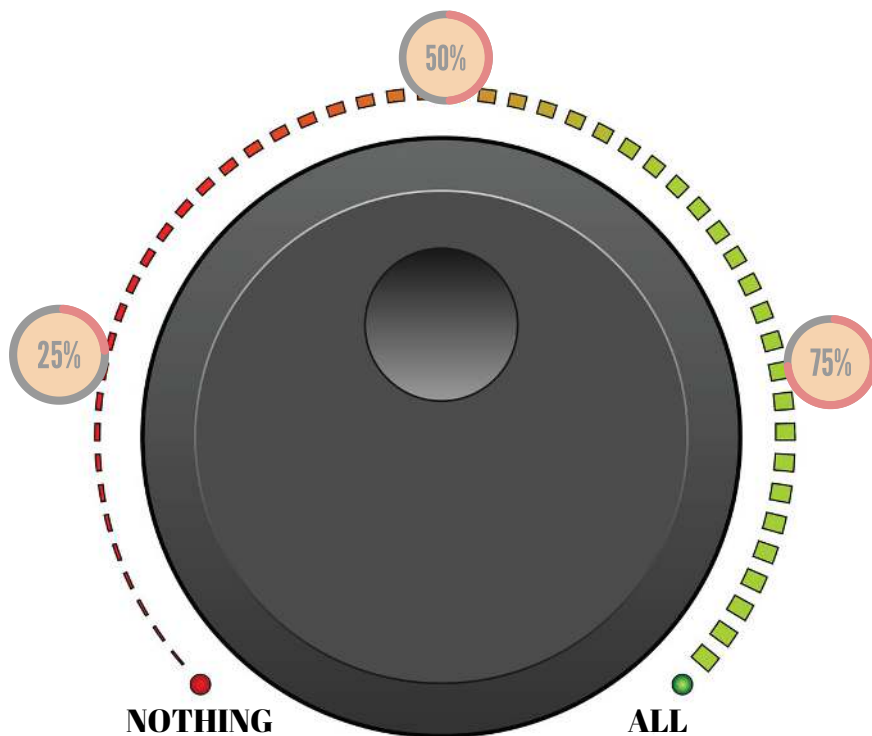Results:

ALTERNATIVE

Thought:

Feeling:

Actions:

Results:

Getting Back on Track

Fill in this page to help you think about your efforts on a dial.
(Reminder: your settings are not set in stone and will likely vary for each circumstance you face (for example, a busy time at work as opposed to a family vacation.)

50%

25%

75%

NOTHING   ALL

Getting Back on Track

Fill in this page to help you develop your action plan.

I am committing to _____% on my dial.

What that means for my exercise, nutrition, self-care is:

Potential obstacles & plans for overcoming them are:

Whose help/support do you need & what do you need from them?

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