



GET BACK ON TRACK!

6 steps to Regain Momentum after
a detour on your health journey

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Thanks so much for downloading this guide!

Since you took interest in this guide, I'm going to guess that you are a health-seeking adult who has (maybe multiple times) set health and fitness goals with great motivation, determined to do the work it requires to reach these goals once and for all! Maybe you've even had some strong positive momentum toward these goals like getting to your new gym for a class, buying plenty of fresh vegetables, getting to bed earlier, etc.

But then something unexpected happens that takes you off track. Illness, job stress, family tension, holiday, vacation, or a combination of life "stuff". Before you even knew it, you took a detour from this health journey and now feel lost. Sound familiar?

If so, you need this guide in your health toolbox! **Use this easy to implement 6-step process anytime you feel as though you've gotten "off-track"**. Take time to reflect on and answer each question in the worksheet with specific detail and insight. By doing so, you will find your way once again and quickly regain momentum.

Even more, **this process will help you avoid futures detours so that you can stay on the road leading to your health and fitness goals.**

Please remember that when trying to change health behavior, the goal is PROGRESS, NOT PERFECTION! It's my sincere hope that this guide will equip you with a practical strategy to continue that progress!

Be MORE,
Coach Lisa

FORGIVENESS FIRST!

Before we get started on the 6 steps to Regain Momentum after a detour on your health journey, we need to recognize the discouragement and disappointment that we feel when we get “off-track”. That nagging, negative side of your brain will tell you how horrible, lazy, undisciplined, (fill in the blank) you are for not perfectly executing your plan; and how you might as well not even try to get healthier because you never get there. Sound familiar?

When this happens, you essentially have two choices:

1. Let these thoughts erode your motivation, give up on the plan, and abandon your goal, OR...
2. Recognize the detour as a NORMAL part of the process and show yourself some mercy! In fact, look at this misstep as an opportunity to identify the cause and develop steps to avoid reoccurrence. Then take action by engaging in small, specific steps immediately to quickly recharge momentum. Which is exactly what this guide will help you do!

Roadtrip Analogy...

If you are taking a roadtrip with your family and take a wrong turn, would you just cancel the trip, turn around, and head back in the opposite direction? Would you let the disappointment of that one wrong turn cause you to purposely take more wrong turns? Of course not! You would immediately check the map and get back on the road that will lead to your destination!

Use this same logic when it comes to making “wrong turns” on your health journey. Why should you let one lapse in behavior cause you to cancel the entire plan and make more unhealthy choices? Simply USE THIS GUIDE and get back on the road!

“Failure is an opportunity to begin anew, only more intelligently.”

Henry Ford

REGAIN MOMENTUM!

INSTRUCTIONS:

Take some uninterrupted time to reflect on and complete the following statements in the order listed.

VERY IMPORTANT: Complete this guide in a non-judgmental way, as if you are simply a third-party observer of the situation. Watch out for emotional criticism that may try to sabotage this exercise. The point is to become aware of what happened and quickly move to corrective action.

1. HOW I GOT OFF TRACK: Identify the SPECIFIC “off-track” behavior.

When feeling discouraged, we often over-estimate our poor behavior and underestimate our healthy behavior. By identifying the actual behavior/action, we reduce thoughts of “completely blown the entire program” and recognize the small impact one lapse has in the bigger picture.

Example: I ate fast food on my way home from work.

2. WHY I GOT OFF TRACK: Identify the SPECIFIC trigger or circumstance that contributed to the behavior identified in step # 1.

Endless psychological research indicates that self-awareness trumps all other qualities that affect behavior change. The more you recognize what influences your behavioral choices, the better you become at creating the habits you desire.

Example: I had a difficult meeting with my boss.

3. HOW I WILL STAY ON TRACK IN THE FUTURE: Review the trigger or circumstance identified in step #2 and develop an alternative behavior if this “detour” comes up again. I recommend taking a picture of this strategy with your phone so that you can refer to it “in the moment”.

Example: The next time I experience stress at work and feel the urge to eat fast food on the way home, I will instead call a friend from the car.

4. HOW I WILL GET BACK ON TRACK TODAY: Identify a few simple steps that will help you regain momentum immediately!

Back to the roadtrip analogy from earlier. If you took a wrong turn on a trip, you would quickly determine the next right (correct) turn to take. Be specific about your next few action steps. And make them simple...the goal is to regain momentum!

Example: I will put my tennis shoes in my car and take a walk at lunch today. I will also drink a minimum of 48 oz. of water. I will review my motivation and progress so far (see steps #5 and 6).

5. RECALL MY "WHY": Remind yourself why you want to be healthier.

Not to sound corny, but "your why should make you cry", meaning it should be tied to a deep internal motivation, as opposed to an external desire (such as bathing suit season!). I recommend writing this on an index card (or taking a picture on your phone) and reviewing it each day to help prevent detours in the first place.

Example: I want to be the healthiest version of myself so that I am a role model to my children.

6. RECALL AND CELEBRATE MY SUCCESS: Identify several healthy behaviors, big or small, that you've demonstrated to this point.

During a period of lapse in healthy behavior, it's common to disregard the positive changes and success you've experienced so far in the process. Recalling these successes will provide renewed confidence and mental strength to quickly move past this detour and into action!

Example: Since starting this health journey, I have successfully created better sleep habits, I have a well-stocked and organized pantry with "feel-good" choices, I have replaced my afternoon soda with lemon Lacroix, etc.

And there you have it...

...the 6 simple steps to Regain Momentum after a detour on your health journey. You now know exactly what the specific behavior was, why it occurred, how to avoid it in the future, and what to do immediately to get back on track. Most importantly, you've reconnected with the big picture putting this momentary detour into proper perspective.

Remember, the journey to the healthiest version of ourselves is seldom smooth and without obstacles. Prepare yourself as best as you can for the journey with clear goals and other resources, but then forgive and recalibrate if you hit a bump in the road.

Progress not perfection, my friends!

Share the momentum!

When you use this guide to regain momentum, let me know! Share your experiences on the [MORE THAN A BODY Facebook page](#), or on [Instagram](#), and tag me. I would love to hear all about it. What was the most beneficial step for you? What "ah-ha" moment did you have? How will you take immediate action to regain momentum? I want to know it all!

Gain even more momentum...

...or as I call it, MOREmentum! This guide is just one example of the strategies covered in [THE MORE APPROACH](#): An 8-week Health Coaching Program to create lasting health habits once and for all. [Click here](#) for more information.