



## 3 Steps to Better Health, More Energy, and More Joy, Starting Now

### Step 1. Make the Commitment

That's right – do it! Make the commitment. This isn't about the diet, or the workout plan, or the million-and-one fads we've all seen throughout our lifetimes. *This is about your health.* It all begins (and hinges on) your commitment to yourself, to your health, and to making a positive change.

Ambivalence is your enemy – commitment, your closest friend! When you are committed, will power becomes unnecessary because you've set your priorities. When it's decision time, whether that means deciding to go for a workout, get to bed at a decent time, or a snack choice, the decision is clear: you choose for *you*, and that makes all the difference.

Wondering exactly HOW to make this kind of commitment?

*You locate your Big Why.*

Complete the following exercise:

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Ask yourself this question: WHY is getting healthy, having more energy and more joy important to me?

Answer A:

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Then ask the question AGAIN, but this time insert your answer from above so the question becomes: "WHY is (insert answer A) important to me?"

Then write down the answer to that question, here:

Answer B:

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3

Then ask the question AGAIN, but this time insert Answer B from above so the question becomes: "WHY is (insert answer B) important to me?"

Then write down the answer to that question, here:

Answer C:

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Repeat this process until you can't answer the question any more – that's when you'll know you've hit your BIG WHY. Write it down, share it with others, and use it as a constant source of motivation.

When your WHY is big enough, and you're crystal clear on it, the commitment happens naturally, and your dedication to that commitment allows you to make choices and take actions that become easy as you work toward your goal.

## Step 2. Set Boundaries ... Then Evaluate and Reset as Necessary




Just as committing to yourself is an integral part of making lasting changes that truly better your health, setting boundaries is equally essential to reaching your goals.

Boundaries give us the permission we often seek when it comes to saying "no" to things that could derail our progress.




*When you set clear boundaries for yourself, your efforts become more effective, producing even better results.*

Following are several common types of boundaries to consider setting on your health journey:



### Time Boundaries:

-  Schedule meal times to ensure you don't sabotage your efforts by eating late in the day (after 8 pm).
-  Plan beforehand so you protect and utilize time for cooking healthy meals, which will also help you avoid "fast food on-the-run" scenarios.
-  Create a menu and shop for items needed a week in advance. This further ensures you aren't wasting time running to the store on a daily basis.

### Food Boundaries:

-  Go through your fridge and pantry, and collect any and all items that do not support you in reaching your goals. Drop them off at a local charity.
-  If you don't love to cook and/or have a hectic schedule, consider signing up for a food delivery service like Blue Apron or Green Chef so you always have the option of eating high-quality food with quality ingredients.
-  Do a little research, and identify local restaurants that have menus from which you can make healthy choices. Also note those you should avoid.

### Money Boundaries:

-  Update your budget (or create one) so you can allocate funds for clean eating, supplements, shakes, etc. This way, you don't end up wasting money on non-essential things like going to the movies - and the unhealthy food they sell there - instead of spending it on healthy food choices.
-  STICK to your budget. ('Nuff said.) ;)



Limit or eliminate the money spent on dining out, so you have more to spend on buying healthy snacks each week.

Now, once you've set your boundaries, keep in mind that like anything else, they will likely need some tweaking and adjusting as you progress. If something isn't working, simply stop, evaluate, and reset the boundary.

## Step 3. Find an Accountability Partner and Create a Plan

I can't stress this enough:

If you want to experience true transformation and success, follow in the footsteps of those who have experienced it before you.

Especially when it comes to your health, accountability in the form of a confidante, nutritionist, and/or coach can make all the difference! He or she can offer you invaluable support and strategies that increase your chance for success exponentially.

Think of someone in your life who you can count on to hold you accountable, to remind you of your commitment to your health, and to help you stick to your priorities. Ask this person to be your accountability partner, or hire one, and then create a step-by-step plan for getting the results you want.

To create your plan, I recommend starting with baby steps. For example, focus on one thing to begin with, like exercising. Commit to exercising 2 or 3 days per week, and working your way up from there. Then, steadily add to your plan each week.



Bonus Tip: Share your journey with your friends, family and loved ones.

Not only does this open the door for more support, but making the people closest to you aware of your dedication to your healthier lifestyle will help keep them from inadvertently thwarting your plan by showing up with brownies!

## Discover Your Next Steps.

I'd be honored to help you define your next steps, so that you can begin moving from where you are now to where you want to be with confidence, focus, and energy.

You're invited to join me for a complimentary, no-obligations Strategy Session, where together, we will:

- **Define your next steps** on your journey toward better health.
- **Outline a specific plan** for implementing those next steps.
- **Make powerful forward progress**, so you can begin living a healthier, happier, and more fulfilling life.

**Schedule Your Complimentary Strategy Session Here:**

[<http://kittyboitnott.coachesconsole.com/calendar>]