

BE STRONG

Eat.Move.Live

THE KNOWLEDGE

LEARNING FROM OUR MISTAKES

This week focus: Learning from our mistakes, and not repeating them over and over

Why is it important?: Only when we accept responsibility for our past failings, can we grow as humans, and learn from our mistakes. If we continue to deny why we are failing and blame other people or scenarios for things that are going wrong for us, we will never change. We will never get to where we want to be.

What will we tell you?: Why we should, and how we can learn from our mistakes, using reflection and review of our circumstances.

- 1 Everyone makes mistakes – we are only human. The crazy thing to do is to keep making the same mistakes over and over. You wouldn't keep using the same method to complete a job at work, if it wasn't getting the desired result, you would review and change something. We need to do this with lifestyle change too.
- 2 If you feel like you aren't achieving what you want to, or you are using methods that have you stuck in a cycle of yo-yo dieting forever, then it's time to review your methods and plans.
- 3 If we don't accept responsibility for our own failings, and blame things on everyone and everything else, that is seemingly beyond our control, we are giving up on ourselves. We need to accept responsibility and take control. Once we do that, we are on the right path.
- 4 By accepting our failings and taking back control, not only do we start achieving what we want, but we also gain the respect of everyone around us – you will become the go to person for advice and guidance!
- 5 Use a continuous improvement process to prevent slipping into old habits or use of techniques that don't work – Regularly review and reflect on where you are, what you are doing, and how far you have come. Is there anything you can improve on? Keep striving to be the best you can be.

KEY MESSAGES

Are you still using the same old weight loss/fitness methods and hoping with all fingers and toes crossed that it will work forever this time?

Assess the techniques that you are putting in place to tackle these issues.

- What am I doing?
- Am I achieving what I want?
- Can I sustain this forever?
- What can I do to rectify these problems?
- Do I have a proper plan in place?
- Is my plan the right plan and am I actually following it to the letter?
- What could I do differently that would bring about success?

Take responsibility and begin to feel the glory of success!!

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