

# BE STRONG

Eat. Move. Live

# THE KNOWLEDGE

## BUILD YOUR SELF-CONFIDENCE AND START WINNING

**This week's focus:** How experiencing small amounts of success can give us the self-belief to achieve great things

**Why is it important?:** We often think that we aren't capable of achieving the goals we set ourselves, because we have failed at the challenges or goals we have set ourselves so many times before. But if we start with smaller goals and build on these successes, we can become capable of achieving anything we set our mind to

**What will we tell you?:** How you can set yourself achievable mini-goals to boost your confidence and self-belief to go on to achieve even bigger goals

- 1 You can achieve anything you put your mind to!** This is of course true, but to do so, you need buckets of self-belief, self confidence, motivation, dedication, commitment, and sacrifice.
- 2 Your past failures aren't because you are rubbish!!** It was just the wrong goal or more likely the wrong plan!! Set more manageable and achievable goals and take the first step to achieving something amazing. Rome wasn't built in a day!! And we have to keep this in mind.
- 3 Experiencing success will make your confidence soar** Once you start achieving the small goals that you set yourself, you will want to set yourself more challenges. With each challenge you complete, you will be thinking 'ok, what's next?' The more you do this, the more confidence you will develop, until you believe you really can achieve anything if you put your mind to it. Look overleaf for some ideas for mini lifestyle change goals.
- 4 Use your past for inspiration** You will definitely have experienced success in the past, so looking back to that can be a great source of inspiration. What are you good at? What skills do you use that are transferable to lifestyle change? What mindset do you adopt when you are doing this particular thing? Can you replicate that mindset now? Get a list of all your strengths, to make you realise exactly what you are capable of!
- 5 Don't get comfortable** Always strive to stretch your comfort zone, ever so slightly. Don't get complacent, and rest on your laurels. Keep challenging yourself by choosing new goals, to keep the momentum going.

### KEY MESSAGES

Take a step back this week and think what's the simplest, easiest, smallest thing I could do to start my lifestyle change journey. Focus on that one thing for the week ahead. Aim to do it for just one week. How will you feel this time next week, knowing that you have done it? Putting your energy into one thing instead of 100 things will have a massive impact on your success. When you start to experience success, take it from there – who knows where it will take you?!

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## EXAMPLE MINI GOAL IDEAS

- Keep a food diary for a week (just one week!)
- Clear out your cupboards of all your 'trigger foods'
- Track your calories every day for 6 days out of 7, without worrying about staying in your allowance
- Close the kitchen each night at 8pm and don't reopen it until breakfast
- Drink 750 ml water before every meal
- Take the stairs at work instead of the lift
- Eat your five a day, every day for 6 days out of 7
- Introduce the 1-mile rule! If the round trip is less than 1 mile you walk it
- Make sure you get 30 minutes of activity in each day for 6 days out of 7
- No chocolate, cakes, biscuits, or sweets for 6 days out of 7
- Take part in an additional Be Strong HIIT session each week either online or at group
- Write a weekly exercise plan and follow it
- Cut up all your food at every meal and eat slowly
- Stop eating when you are full
- Create a menu for your kitchen and eat from it each day
- Walk for one hour on three days, walk for 30 mins on the other four days
- 10 min Be Strong HIIT session alternating 2 of your favourite exercises every day
- Do a 'no cheese', 'no bread' or 'no alcohol' week
- Sign up to a Be Strong challenge
- Prepare your next day's breakfast and lunch the night before, for work days
- Eat to your calories every day for 6 days out of 7
- Add weights to your Be Strong HIIT sessions
- Swap snacking in front of the TV for an evening walk
- Batch cook some evening meals ahead of time, to make life easier for yourself
- Join a Couch to 5k group!