



Module 1: Commit To Today!

PART 1: Getting Started

In this first module, you'll learn the importance of committing to today! You need to realise that the perfect time to start is RIGHT NOW. Why is that? Because...

A) You are here! And...

B) You want to!

Somewhere in the inside you have had enough of the way things have been or you are ready to make them very different from now on!

Right NOW is the perfect time to start. Just think if you start RIGHT NOW you will be one step closer to your goal, you will feel 10 times better about yourself, you will be in the right mindset and most importantly you will want this for YOU!

Let's start by listing just three simple reasons why do you want to do it now?

1) _____

2) _____

3) _____



PART 2: The 3 Tips

Tip No 1: What is the one smallest, easiest step you can take right now today that is going to make a difference in your life?

Tip No 2: If it is good enough then... it is good enough!

Most people think that everything you do has to be perfect and that everything needs to be lined up in order for us to achieve anything. THIS IS NOT TRUE AT ALL!

Answer these 3 simple questions to reveal your ideas on perfection.

Question 1: Do you think you need to be perfect? Why?

Question 2: Do you think that you need to live your life perfectly? Why?

Question 3: Or do you think what you are doing now is good enough for you to achieve your goals? Why?

Let good enough be good enough let yourself off the hook, cut yourself some slack!

Tip No 3: Everything is going to be ok - I'm ok.

Take part in the exercise that Ali asks you to do.

Question 1: What do you think about on a daily basis?

Question 2: What annoys you more than it should? Why?

Question 3: Are the above problems something you can solve? How?

If they are in the past or the future you need to let them slide, you need to FOCUS on YOU today. You are living in the present and you need to focus on that.



PART 3: Mindset Technique

Take part in the exercise that Ali asks you to do, focusing on what he is saying and clearing your mind. Learn to turn on that motivation to make today and everyday the next day of your weight loss journey and the next day of your success.

Congratulations on completing module 1 of Ali Campbell's project New You! You are one step closer to achieving your goals!

Next up, Module 2: Take it one size at a time

