



Module 12:

How to keep that weight off... for good!



PART 1: Maintenance Mindset

This module will show you how to keep that weight off for good!



PART 2: Let's celebrate YOU!

If you are maintaining, then this means you have made it; you are a success so WELL DONE YOU.



PART 3: Top 3 tips to say on track

Let's make sure this time is the last time you lose weight, for good!

Tip No 1: Celebrating your success

Start thinking of how you can properly nourish and nurture yourself in ways that have nothing to do with food. Reward yourself with kindness, not calories.

Action: Make a list of all the kindnesses that you can reward yourself with for your success:

1) _____

2) _____

3) _____

4) _____

5) _____

6) _____

7) _____

8) _____

9) _____

10) _____

Tip No 2: The secret to maintaining

The secret to maintaining what you have achieved is to move from that phase where you're on a journey into a phase where it is just the way it is.

Say to yourself "This is my new life... these are new patterns... this is the way I look at the world now."

Action: Make a list of your 'happy and's'...

Happy and _____

Happy and _____

Happy and _____

Happy and _____

Happy and _____

Happy and _____

Happy and _____

Happy and _____

Happy and _____

Happy and _____

Tip No 3: Teach what you've learned

One of the best ways to learn anything is to teach it to other people. Help yourself stay, slim, active and healthy by helping others to do the same.



PART 4: Mindset Technique

Follow Ali's guidance as he talks you through this final mindset technique.

Congratulations!

You have completed Project New You with Ali Campbell! You are now ready to write the next chapter of your life!

