



Module 2: Take It One Step At A Time



PART 1: Take it one size at a time

In this second module, you'll learn the importance of taking it one step at a time and how to totally change your mindset on the goals you set yourself.

You are on a journey from where you are now. Let's get stuck in with this first question.

Question: Where do you want your end goal to be?

We are going to support you on this journey. We are here to help YOU! REMEMBER THAT!



PART 2: The 3 tips

Tip No 1: Do you want to lose weight by.....?

We put ourselves under so much pressure to lose weight, to look good and to feel good! But why, why do we do this to ourselves? We then tend to indulge in things we wouldn't have before - it is the pressure that hits us on the head and we cave.

Answer these 4 questions to understand more about the pressure you put on yourself.

Question 1: Do you over eat? If so why?

Question 2: Do you set an end date for your weight loss? Why?

Question 3: Do you think it is achievable? If not, why?

Question 4: Do you feel like you are under pressure to lose weight?

Understand that you need to put yourself first! Make every day important and commit to the process!

Tip No 2: I'll be happy when..... vs. I'll be happy and

This exercise will help you change you mindset on setting goals.

Question: Do you think you will be happy when you lose weight? Why?

We are all guilty of it - we always say we will be happy when we reach a certain weight in a specific amount of time. Your happiness should not depend on you losing 'X' amount of weight.

Change your mind set and say it out loud:

- I'll be happy and be able to walk and not get out of breath
- I'll be happy and be lighter on my feet
- I'll be happy and wearing a smaller pairs of jeans

Now, write down what your "I'll be happy and..." is. Fill it in here:

Tip No 3: We're going to have a party!!

Celebrate EVERYTHING! Celebrate every small step you take on your journey. Celebrate losing that 1lb, or fitting into a smaller pair of jeans, or being able to wear that vest top comfortably.

Answer the following questions to help you celebrate your success!

Question 1: Do you give yourself credit for your achievements, either big or small? If yes what? If no why?

Question 2: How many wins have you had in the last 24 hours? Write down what they are, no matter how big or small they are.

1.

2.

3.

4.

5.



PART 3: Top mindset technique for taking it one size at a time

Close your eyes and follow Ali's guidance as he talks you through this mindset task!

Congratulations on completing module 2 of Ali Campbell's Project New You! You are one step closer to achieving your goals!

Next up, Module 3: Self Care Is Not Selfish

