

5 Steps to Success



Step One

Get in the right headspace

- * This is the toughest part of your journey because your mind is a very powerful tool. It will lead you to success or contribute to your failure. Keep it in check.
- * YOU are in control of your thoughts, so positive self talk is KEY to your success.
- * Make up your mind to give it a try, regardless of past failures.
- * Consider what has prevented you from success and what you can do now to prevent it.
- * Reprioritize and give yourself permission to FINALLY take the time to take care of YOU! You are TOTALLY WORTH IT!

Step Two

Take Inventory

- * Own up to your past failures and accept them. Don't justify them, *accept* and then let it all go.
- * Understand that you will continue to make mistakes - no big deal. You just cannot give up.
- * A healthy lifestyle is about balance. It's not black and white, begin to learn how to live in the grey.
- * This will take TIME. Remind yourself to be patient and stick with it, no matter what.
- * Think about how you're feeling. Anxious? Afraid of failure? If so, acknowledge the negative feelings and let them go while embracing the excitement about your future!

Step Three

Make small changes

- * Download a calorie tracking app (SparkPeople, MyFitnessPal, etc.) and enter your data.
- * Learn how to use it-it's going to be your partner in crime throughout your journey.
- * Start tracking EVERYTHING you eat so you're aware of the calorie impact. Tracking calories helps you learn how to be mindful - the more aware you are, the more apt you are to make better choices.
- * Read labels - understand what you're eating and the nutritional content. This is KEY!
- * Massive changes can be overwhelming. Take small steps towards success & slowly change your diet.

Step Four

Get moving

- * Look at your schedule and carve out 30 minutes per day for exercise. No excuses!
- * Daily exercise is good for the mind AND body; eventually, you will start to crave it.
- * Exercise puts you in a calorie deficit which will contribute to your weight loss when you're eating within your daily calorie range.
- * I used to think that exercise was boring because there were only a handful of things to do What a misconception! There is SO much you can do. Think about what you enjoy, download some great tunes and then get moving at the gym, outdoors or in your home. Not sure what you like? Do a google search to see what's out there! It will BLOW YOUR MIND!

Step Five

Bee confident

- * Take it one day at a time. Understand that some days will be better than others and that's ok. You're learning how to be healthy on YOUR terms and that's incredibly liberating.
- * You may not have been successful in the past, but this is a new day and a new you. You CAN do this!
- * Know what resources you have available and tap into them when you need to. Friends, family and co-workers are fantastic; but they may not understand what you're going through. Remember that you have the support of the Healthy Momma Bee community. We are all here to help you so let us!