



MINDSET, GOALSETTING AND ACCOUNTABILITY

MENOPAUSE

Practical strategies

What we'll discuss

- » Creating a positive mindset to build long term lifestyle change.
- » Habit building – automatic habits (motivation V's discipline)
- » Goalsetting – short and long term objectives, why?
- » Breaking down goals and overcoming barriers – time management, physical, confidence
- » Accountability, sharing plans and successes – measurement of goals, consistency

THE ABILITY TO ACCOUNT
FOR OUR ACTIONS AND
RECORD THEM

Creating a positive mindset

- » Long term
- » Small steps
- » Positive internal self talk
- » Celebrating the wins
- » Support
- » Record and report



Habit building

- » Creating automatic habits
- » Overcoming challenges
- » Motivation vs Discipline
- » One change at a time



Goalsetting

Long term and short term

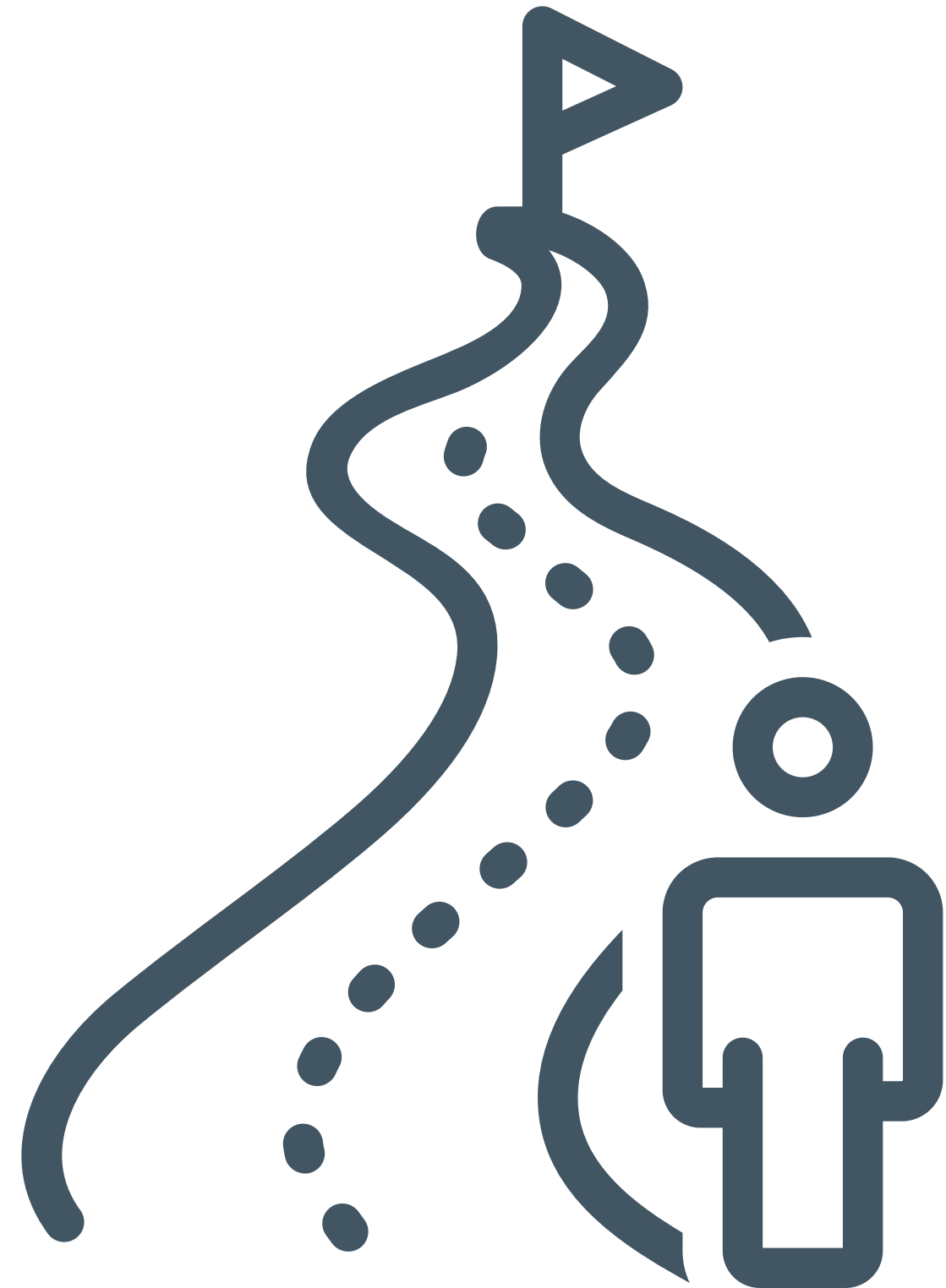
Simple

Achievable

Realistic

Measurable

Time bound



Reduce feelings of overwhelm

Chunk up goals into bite size goals.

PLAN YOUR TIME

Schedule in your own time for you, small amounts of time daily, even when you don't think you have time - 10 minutes a day is enough.

REDUCE NEGATIVE SELF TALK

Positivity in everything you do, find those small wins.

Schedule a meeting in your diary.

Overcoming Barriers

- » Time
- » Location
- » Money
- » Lack of results



- » Environment
- » Social
- » Dislikes
- » Lack of resources
- » Support

CREATE POSITIVE HABITS IN 14 DAYS



CONSISTENCY IS KEY

Ongoing success

YOUR LIFESTYLE REVIEW

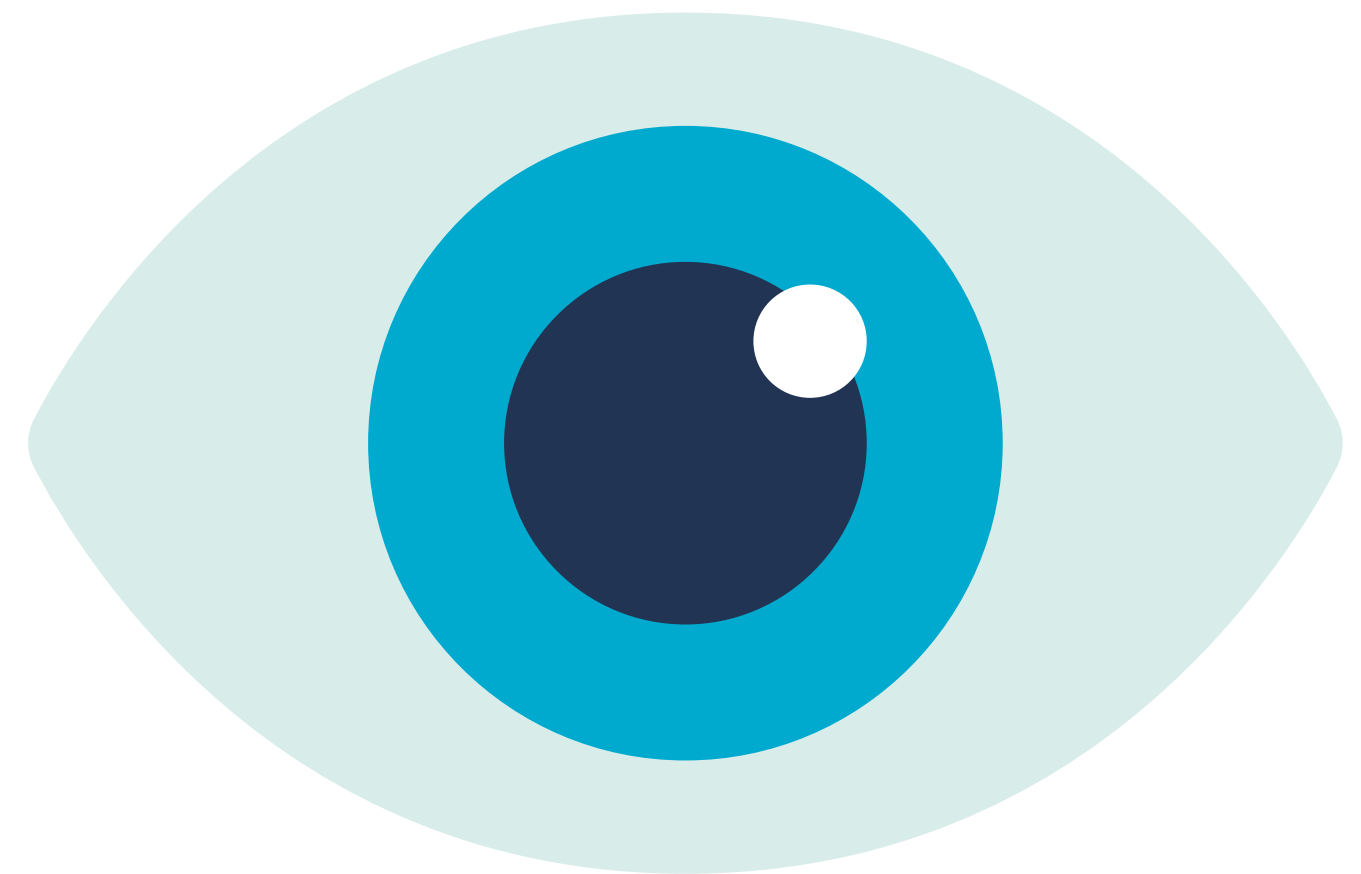
Can you see where your life is now and where you want to be?
Visualise your symptoms changing with your positive actions.

HABIT CHANGES

Long term lifestyle changes, consistently applied will all add up over time.

BEHAVIOUR CHANGE

What is your why?



Taking action

What can you add to your lifestyle now that will get you closer to your goals?

- » More movement
- » More steps
- » More whole foods
- » More water
- » More supplements
- » More 'You' time
- » Better quality sleep
- » Improved eating patterns
- » Increase in energy

How will changing some elements of your life change you?

By changing behaviours long term we can create a more positive mindset and enable us to make better choices when it comes to all the fundamental health and fitness goals.

BRING YOUR GOALS TO LIFE

Tell everyone about your plans!

FIND AND SURROUND YOURSELF WITH LIKE MINDED PEOPLE

A coach can be like your fitness buddy to cheerlead!

SHOW UP FOR YOURSELF EVERY DAY

How much do you want it and are you willing to change to make it happen?

MAKE YOUR OWN SUCCESS

Only you can take the action necessary to reach your goals.