

What to do if you are dreading getting started with your plans

If the thought of starting your plans is really frightening or you find that you are making lots of excuses not to get started, check through the following:

THOUGHTS

Catch your thoughts and keep catching them. Keep a particular lookout for thoughts like ‘This will never work’ or ‘This will be awful’, ‘I’ve got to do it perfectly all the time’ or ‘It’s too much effort’. Question and expand these. Also check you have made plans that don’t feel like a punishment or are too ambitious. It can be helpful to look at your plan and ask if you would suggest this to a good friend who was a bit uncertain about making changes. If not, and it seems too hard or unpleasant, it might be time to rewrite your plan to make it a little kinder.

MOTIVATION AND REASONS

Do you have good reasons to do your plan? Even more importantly, do you have your reasons in your mind whilst you are starting? If you can’t remember why you are making all this effort, you will probably never get started. It might be helpful to check back through your notes from chapter 1.

ACTIVITY/EXERCISE PLANS

- What exactly is the plan? (Amounts Count!)
- What help do you need for your plan? Whose support would be helpful?
- When are you going to start, and when are you going to check and review your plan?

EATING/FOOD PLANS

- What exactly is the plan? (Amounts Count!)
- What help do you need for your plan? Whose support would be helpful?
- When are you going to start, and when are you going to check and review your plan?

REASONS

What are the good reasons for spending time and effort making these plans work?