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Heather Smith

[07967 995416](tel:07967995416)

heather@fitbiztraining.co.uk

Is Planning The Key To Reaching Your Goals?

If I had to choose one thing which would help more people get the results they're looking for, it would be making a plan for the day / week / month ahead. I see this as crucially important in the quest for results, particularly at the start, but for some people (myself included), it helps keep them on track for the long term too.

What am I suggesting we plan? For most, I suggest they plan their meals for the week ahead before they go to the supermarket - this means the fridge is full of good meals, ready to be cooked; it's also nice to spend a bit of quiet time looking through some of the hundreds of cookbooks you have and choosing what you fancy trying - being connected with what you're eating can be important, particularly if you're an emotional eater.



For others, I suggest they plan the week before and also the day before. With the best will in the world, what you planned for Monday might not be what you fancy eating on Monday. If you're the type (like me!) to only feel satisfied if you've eaten what you fancied (even if I'm full, I have this bad habit of eating more if I didn't especially fancy or enjoy my meal - it's the difference between being physically satisfied and emotionally satisfied!), choose what you fancy from the list of meals you have the ingredients for, then look through your plan for the day to make sure you're eating enough and varied veg and protein and loads of nutrients. It's easy to tweak your menu if you realise you've planned, say, chicken twice for tomorrow; it's like a food diary in advance.

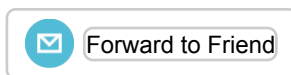
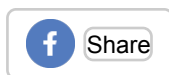
The other things which can be really useful are exercise plans - which is just putting your workouts in your diary in order to make you see them as appointments you've got to keep - and full day plans which can help particularly if you have a busy life as

you just have to follow your plan for the day without needing to make decisions about what to eat for each meal, what time you'll exercise, when you're going to get your time outside, when you're going to take some down time and what time you're going to go to bed - etc. Of course, this won't work out to plan every day, but by planning for tomorrow every evening, you're refreshing your commitment to your goals and making conscious decisions about what you need to do tomorrow to get you a step closer to where you want to be. This makes it much easier to stay on course without getting sidetracked.

For those who struggle with following their plans, I like to use a question system too. When you're writing your plan for tomorrow, you ask yourself a simple question - 'did I do my best to follow my plan today?'. This is an idea from Marshall Goldsmith's book; by asking if you did your best rather than just asking if you did it, you're allowing for unexpected things to have cropped up. And by knowing you're going to have to answer a question at the end of the day about how well you did, you're increasing your accountability to yourself. Mark yourself out of ten and compare your scores week by week, I think you'll find the results quite interesting!

Until next time, enjoy staying healthy!

Best wishes,



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