



JOIN THE RESOLUTION

Did you know that about 95% of the people who make New Year's resolutions fail? I call them "Resolutionaries" because they tend to make the same darn resolutions over and over and keep failing year after year. Maybe this is why Ben Franklin's said: ***"The definition of insanity is doing the same thing over and over and expecting different results."***

Are you tired of being a Resolutionary? Are you ready to REVOLUTIONIZE your resolutions and try something new, instead of the same old things that haven't been working for you?

This workbook provides a 7 step Resolution Revolution and I'll be your guide through each of the steps. I will support you along the way after the workshop too. You will also have the opportunity to join our exclusive online support group through Facebook.

Why Facebook instead of other forums? Because it's free, it offers lots of bells and whistles (like notifications, for instance) and is the best format for discussions. It's also the best for posting links, pictures, etc., attached to your comments if needed. Just make sure to leave your name and best email (not your junk email) with me today. I won't use your email for anything else, I promise!

OK, let's get started with your 7 step Resolution Revolution to achieve your goals once and for all!

Step 1. Find your "Away From" motivators.

A.) What are your away from motivators? Example: "To not get diabetes like my mom." Or, "I'll probably have to get knee replacements if I don't lose weight."

B.) What pain is associated with these motivators? Example: "To not suffer or be limited like like my mom." Or, "My knees hurt because of this extra weight."

C.) What is the opposite of the motivators above, in A.)? How would you replace words like "Not" and "Don't?" Example: "To eat foods that keep my pancreas happy and healthy." Or, "To strengthen the knees I have and make them even better."

D.) How would you write the opposite sensation statements to the pain sensation statements in B.) above? Example: Instead of, "To not suffer or be limited like my mom," you could say, "To be vital, energetic and healthy on the inside as well as on the outside. Or instead of, "My knees hurt because of this extra weight," you could say, "When I am lighter and stronger, my knees will feel great."

E.) How would you write what you said in D.) above, in the present tense? Example: Instead of, "To be vital, energetic, and healthy on the inside as well as on the outside," you could say, "I am vital, energetic and healthy inside and out." Or instead of, "When I am lighter and stronger, my knees will feel great," you could say, "My knees feel great, now that I am lighter and stronger."

Step 2. Find your "Toward" motivators.

Congratulations! You basically just did it, so now all that's needed is a couple slight tweaks. Next, write down four or more "toward" motivators – especially internal and health related (as opposed to external, vanity reasons). The more emotional these reasons feel, the more effective they will be. Remember to phrase them in the present tense, as if they have already happened. You can use the ones you just created, but with slightly different phrasing. Example: "My healthy, strong knees allow me to do the things I enjoy, like skiing, hiking and tower running."

Brain fact: The subconscious doesn't understand "negations." Your subconscious brain operates at about the level of a three-year-old, so when you tell it "not" to do something, or use the word "don't," it basically drops the negation (not/don't) and sets out to accomplish exactly the opposite of what you just told it "not" to do.

The reason for this is the subconscious only understands pictures and emotions, so like a three-year-old, when you tell that kid, "Don't spill your milk or you will be in trouble," the first thing that pops into their little mind is a movie in their brain of the milk spilling over, the parent getting upset and all the emotions felt from the accident. As far as the subconscious is concerned, spilling the milk is exactly what it thinks it should do, because those were the images and emotions it received, so it will do its darndest to carry out that job as effectively as it can.

On the other hand, if the parent says, "Keep your milk glass upright and I will be proud of you." Those are the images and emotions that get sent to the subconscious and it will do its darndest to carry out that job instead.

Your subconscious never grows up. It's always going to be at the level of a three-year-old, with images and emotions programming it. Your subconscious brain is also the part of the brain that is in charge most of the time, so learning how to talk to it and reprogram it will be the best way to can tap into its amazing power to help you instead of hinder you. Either way, it's powerful and will control most of your conscious and unconscious actions throughout the day, so you might as well have it on your side!

The short term "Away From" motivators provide enough pain to motivate you to get going, but the "Toward" motivators are the real long-term heroes.

Your "Away From" motivators are great at getting you started, but they are lousy for keeping you going. Once you start seeing progress and results, you will realize, consciously or not, that you are further away from the pain that served you so effectively as the "fire under your butt." As you get further from this pain, the motivation wanes and is one of the reasons most people snap back to where they were and back to the pain they had (i.e. yo-yo weight loss).

As you move closer to your "Toward" motivators and keep focused on them, you get caught in their gravity. Now they help keep you on track because you can see them more clearly. Then as you continue to move toward your goals, they get bigger and clearer as your "Away From" pain gets smaller, which is how it's supposed to work.



It's a lot like a windshield and a rear view mirror. When you are driving, you are looking forward through the windshield most of the time and only glancing occasionally at your rearview mirror. The windshield is huge and the rear view mirror is small in comparison. This is how you will be focused once you are caught in the gravity of your "Toward" motivator goals. The "Away From" goals at this point, will be your rearview mirror because they will be pretty small. Eventually, that rearview mirror might get so small; you won't even be able to make out the images in it anymore!

In the very beginning, that rearview mirror will be larger than the windshield because you are focusing more on your "Away From" goals to get you started as you move away from the pain. As you move forward in the direction of your "Toward" goals though, your windshield grows and your rearview mirror starts to shrink as you use those "Toward" brain circuits and atrophy the "Away From" circuits.

There will a point, still towards the beginning part of your journey, when your windshield and your rearview mirror will be about the same size, but as you move further forward and closer to your "Toward" goals, the windshield continues to get larger as the rearview mirror continues to get smaller. It's the combination, balance and dance of these two motivators that help keep you moving forward and prevent you from backsliding on your way to your goals.





Another analogy is a rocket ship. There is an enormous amount of fuel and energy required to get that ship moving initially - to overcome its own weight and inertia caused by gravity and its own mass. Then, once momentum is built and the Earth's gravity is diminishing, as it climbs, there is a point where it can either stay in the Earth's orbit and eventually fall back down to earth, or it can break free completely of the Earth's gravity and then use another planet's gravity to keep pulling it along. This other planet is your "Toward" motivator.

It really is like going to another planet because it's about being willing to leave everything you know and are familiar with behind and then start over with a completely new lifestyle and habits on another planet. It's a true revolution!

Without the gravity of your "Toward" planet pulling you in its direction, you would simply just float in space, being acted on by other planets (i.e. shiny, new distractions like ads on TV) and not really having any direction. Brain training is like rocket boosters that you can use to keep you on the right course along the way and to get you there faster.

The initial blast off takes the most energy because you are breaking the old habits you have formed over the years (gravity and inertia). Then, with the right brain training, the higher you get, the easier it becomes, so sticking with it – especially for the first 21 days (more on that later) – is the key!

The journey can be a long one, and the initial "away from" segment is the shortest part of that journey, just like a rocket ship. Most of the journey toward planet Revolution is fun and easy, once you break free of the initial gravity, just like any other outer space journey. Your focus, most of the time, will be on the new, exciting planet you are heading toward and all the great lifestyle changes and new healthy sensations you will experience during that journey.

It's more about the journey than the blast off or even the destination, for that matter. If you are willing to take the journey and the ups and downs that might go along with it, the destination will be worth it! You will appreciate it more and will want to stay there because you worked for it. If it was easy, like taking a pill, do you think you would appreciate it? Heck everyone else would be taking that same pill too, so fitness wouldn't even be desirable anymore!

In fact, it will be icing on the cake (yes, you can have cake – it's actually part of this journey).



BEFORE



AFTER

Step 3. Create a specific, realistic end goal and achievement date. Then create smaller, measurable marker goals along the way so you can celebrate and reward yourself when you achieve them.

What is your final end goal (Planet Revolution)? What does that look like and how does that feel? Use images and emotions to describe that here (hint: you are already mostly done, with what you did on the previous pages – this is basically the same thing, with just a bit more detail and anything additional that comes to mind):

Goal:

What does that look like?

How does that feel?

Now pick a purpose for your goal, beyond your own fulfillment. How will it make you a better person so you can help others or contribute in some way to a higher cause?

What is a realistic end date? Be conservative here and pick a date further out than your optimistic mind first suggests. Remember, your future self is not Superman like your brain might think it is. Even if your goal takes you two years to achieve, that's still a short amount of time over the course of your life - especially if those results are permanent!



Now divide up your goal into smaller segments so you have markers for your progress. No dates are needed for these markers, but thinking along the lines of dividing the time evenly between your goal and achievement date is best.

Marker #1 _____

Marker #2 _____

Marker #3 _____

Marker #4 _____

Marker #5 _____

Marker #6 _____

Marker #7 _____

Progress Reward Ideas

24 fitness inspired ways to motivate you towards your goals!
piecesinprogress.tumblr.com

\$10 or less, small goals

These are the rewards to give you a little boost, when you need a small pick me up!

- ★ Whole new playlist from iTunes
- ★ Organix hair mask (any drugstore)
- ★ Travel mug for tea or coffee!
- ★ Body scrub
- ★ New Workout DVD (try Jillian Michaels!)
- ★ Journal, notebook or any book!

\$25 or less, medium goals

These are to give you something short term to look forward to like monthly goals!

- ★ New workout top or tank
- ★ Healthy cookbook
- ★ Pedicure! (or manicure)
- ★ A whole year of fitness magazine!
- ★ Any 3 items at Bath & Body Works!
- ★ New yoga mat or other fitness equipment

\$50 or less, large goals

These are for the rough times, when you've made a lot of progress but have more ahead too.

- ★ Great fitting new jeans
- ★ Yoga or workout outfit
- ★ Cool new haircut
- ★ Tea shopping spree at Teavana!
- ★ Fun new accessories from Charming Charlie
- ★ Cool new cooking gadget (try Sur le Table)

\$100 or more, the really big ones!

These are big milestones: being a quarter or half way there. They take longer but are worth it!

- ★ Gym bag stuffed with new workout clothes
- ★ Amazing new sneakers
- ★ 2-3 new outfits to refresh your wardrobe
- ★ At home coffee bar complete with Torani syrup!
- ★ All new bedding to redecorate your room
- ★ Upgrade your technology- iPod, software, etc.

Now pick a reward (non food based of course) for achieving each of these markers. These rewards should be highly motivating and should only be for you.

Reward at marker #1 _____

Reward at marker #2 _____

Reward at marker #3 _____

Reward at marker #4 _____

Reward at marker #5 _____

Reward at marker #6 _____

Reward at marker #7 _____

TODAY'S PLAN OF ACTION

DAY: _____ DATE: _____

MUST DO TODAY OR ELSE

1 _____

2 _____

3 _____

What's On The Menu _____ Household Chores That Need Doing _____

Morning _____

Afternoon _____

Evening _____

TO DO LIST

Write tomorrow's plan!

THIS AMAZING PLANNING TOOL IS BOUGHT TO YOU BY SAM OSBORNE. FOR MORE INFO VISIT SAM-OSBORNE.CO.UK

Next, write down three daily “must do” items that are vital to your success, which you know you will absolutely do every day.

Next, write down three daily “would be nice” items, that you know you “should” do every day (but might be tougher to be perfect with).

Every time you do one of these “must do” or “would be nice” items, tell yourself out loud, with an upright, proud posture, “Strong work _____!”



Step 4. Find a partner or form/join a team and then make your goal public.



This step is about support. A partner and/or team provides encouragement, accountability, motivation and belief – a person or group of people who believe in you. This also gives you a chance to reciprocate by offering help right back to them. This exercises the belief muscle and belief is one of the most powerful forces in your brain.

Write down three people who might be interested in achieving a similar resolution with you.

Next, ask them in the order above. If the first person doesn't seem enthusiastic, then just move on to the next one until you find one who is. Here is a possible script to use, “Hey _____, I’m on a mission to achieve my health and fitness resolution this year and I learned some great, revolutionary techniques for that. If I taught them to you, would you be willing to team up with me so we can help each other to achieve our resolutions together?”

You can also find a team to join, or form one yourself (by asking ALL of the above people you listed and more). The Facebook group for this workshop will be golden! Other ways include forming a texting group, group emails, Google hangout, coffee shop meetings, group exercise, cooking parties, etc.

Make your goal public to increase your leverage for success. Those you are closest to, respect the most and care the most about are the best people to share your goal with. It’s not just leverage – it’s more support too!

Step 5. Commit! Go “all in!”

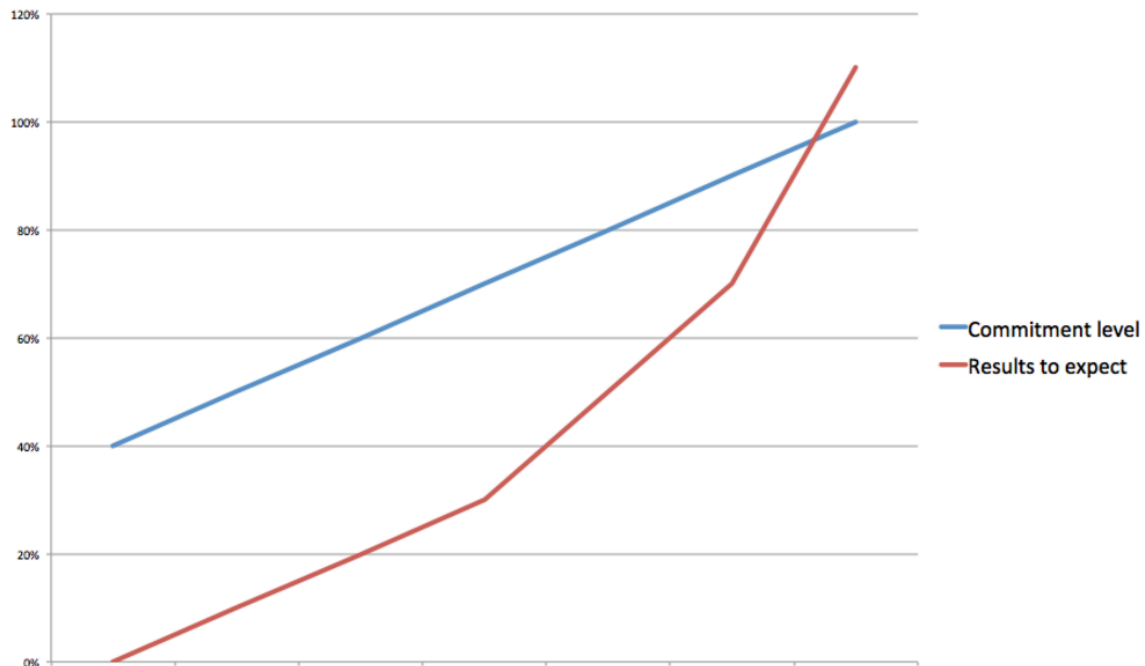


Now that you have set up your foundation steps, you are ready to fully commit and pour yourself 100% into achieving your resolution. Create a contract for yourself summarizing what you wrote in steps 2-4. Sign it and date it. Then have your partner(s) sign it (see the last pages for sample contracts).

Next, post your contract somewhere you will see it every day (i.e. your bathroom mirror or the refrigerator). If you would like specific support from family members or a spouse, post it where they can see it too. Then ask them if they would be willing to support you in this contract. If they agree, ask them to sign the support contract (also included at the end of this workbook). Then if they forget (i.e. unintentional sabotage), or fail to support you at any point, you can ask them if they still want to support you. If they say no, ask them what has changed since they signed their name. And then keep asking questions (especially about health, longevity, etc.), until they agree to support you again.

You might also consider some additional leverage because you can't have too much! Make a bet or put some money on it with a pool in a group, with your partner, or with an online tool like <https://www.stickk.com/>

Remember that partial commitment gives partial results, but it's not proportional. 70% commitment will get you 30% of the results you would expect. 80% gets you 40% results. 90% gets you 60% but 100% gets you 110%.



About this time, you may be having some of the following thoughts (and more):

1. “This might work for you PJ, but I’m not OCD about my food like you are, nor do I want to be.”
2. “I want to have *fun* some times and still be able to eat what I *like* every once in a while.”
3. “I don’t want to get to the point where I get sick every time I eat a hamburger or something.”
4. “This might work for me, but my family needs to eat their way, so I want to be able to accommodate for their foods and habits.”

Here’s my answer to these thoughts, phrased in the wording you could use:

1. “Everyone I have seen succeed wildly and permanently with their resolutions has become OCD about their goals. I admire that and if they can do it, so can I.”
2. “Nutritious food can be as delicious or even more so, than what I am eating now, so I look forward to discovering new tastes and preferences I never even knew I had.”
3. “I choose to stop poisoning myself, even occasionally, with food that is not good for my body. I would rather be hungry for a short while, until I find good healthy food, than to give in to a craving that will damage my health or create backwards steps.”
4. “I will gather the support of my family and will look forward to phasing them into a healthy lifestyle by introducing delicious and nutritious foods they enjoy even more than the unhealthy foods and snacks they are addicted to.”

Step 6. Clean out your cupboards and start fresh with the recipes from hardbodcafe.com. Throw away (or give to the food bank) every ingredient that isn't on hardbodcafe.com and restock your shelves, cupboards, pantry and refrigerator with foods and ingredients that are on hardbodcafe.com.

If this sounds like too big of a step, then refer to step 5 and decide if you really want to get results once and for all, or if you want to risk failure like you have every year so far.

If your family is not on board (yet), then go ahead and let them finish the unhealthy foods in the house, but be sure to ask them for their support in helping you to avoid eating those foods. Make sure they agree to help you with your health first and make this the main goal to support you with.

If they ever see you eating something unhealthy, just have them ask you the question "Is that food making you healthier?" This will be great accountability for you and an amazing education for them because the next time they eat it, that little voice in the back of their head will be asking the same question and cognitive dissonance will start to reprogram their brain too!

Then when their food runs out, don't buy more of it. Make them buy it if they really want it. If they complain, tell them they can still have it, but it's too hard for you to buy it because then you are tempted.

Then ask them if they still want to support you in your goal of getting healthier.

Then reiterate that you are not forbidding them from eating those foods and that they are free to go out and get those foods anytime they want.

Then request to them if they do that, to please keep those foods somewhere that is hard or impossible for you to access (and this is a whole another brain training trick all of its own).

Meanwhile, keep making them delicious, healthy food and eventually, they will start eating healthier too – by their own choice.



Step 7. Brain train 5 or more days per week. Start with the EFT technique:

<https://www.youtube.com/watch?v=xGjYYDcNH8k>

Then go to xgym.com/brain-training. Enter “opensesame” for the password and choose the lesson you think you need the most, for the circumstance you are in or the feeling you are experiencing. Then just explore the others as needed.

Shoot for learning two new lessons per week. Most lessons are 7 minutes or less, so they are quick too. When you learn a lesson, see if it resonates with you. If not, no problem –just try another, or keep at it anyway because that’s what brain training is all about! You should feel some effort when you brain train, just like exercise – so expect this and you will know that feeling means you are getting results!

It takes 21 days straight to wire a new habit into the brain. At that point, it gets much easier. Then after about 77 days, it becomes virtually automatic. In other words, this might take some effort for the first 3 weeks, but after it’s wired in (especially using the brain training techniques to make that process easier), you will really start to find your stride. Then after 77 days, you’ll wonder why you ever thought it was challenging at all!

You will find these seven steps to be a much easier plan than you have tried before and most importantly, a PERMANENT plan, to help you achieve your New Year’s resolution once and for all!

Email me (pj@xgym) anytime, for specific recommendations on brain training, nutrition coaching, support etc. because I’m here for you and so are your trainers! Plus, we are now here for each other!

Personal Resolution Revolution Contract

I, _____, resolve to achieve the following
“toward” goal(s) or resolution(s) for my health (first) and fitness (second):

I promise to reference my Resolution Revolution workbook at least three times a week and will follow the guidance, recommendations in it, as well as the goals, rewards and dates I have set for myself.

I promise to brain train as recommended and will ask for support when needed.

I promise to focus on ways in which achieving my goals will help others and will bring that to fruition through active contribution to family, friends and/or community.

Signed, _____ Date ____/____/____

Resolution Revolution Support Agreement

I, _____, resolve to achieve the following goal(s):

The undersigned agrees to support me with encouragement, accountability and everything else in their power to help me achieve the goal(s) listed above. This support could look like, but is not limited to, the list below:

- Catching me doing things right and praising me for them.
- Lovingly asking about the possibility of better choices when I am seen making one that doesn't align with my goal(s).
- Allowing change to a habit or pattern that we share together, which could slow progress toward my goal(s).
- Keeping me accountable by regularly asking me about my progress and if there is anything more you can do to help and support me.

Additional items to be added now, or mutually agreed on later:

- _____
- _____
- _____

Signed,