

Week One:

Success Strategy Number One – Plan for Success

From Dawn:

I've helped women achieve their weight loss goals for over 15 years. Throughout that time, I have studied the habits of those that have met their goals and those that have fallen short. Of course, those that have met their goals eat healthier and exercise more, but how do they fit it in and what makes their situations so different than those that fall short? The answer is two-fold – spiritual grounding and planning!! This week we look at planning. Those that lose weight and keep it off know when they will exercise next week; they also knew what they were going to eat for dinner tonight before they went to bed last night.

Only 1-2% of women that lose weight keep it off after 1 year. Where do the other 98% go wrong? They rely on willpower instead of planning. Imagine if Bill Gates would have started his company with only a vision and no plan. Do you think he would have met his goals? Why do you think that you will meet your goals if you don't plan to do so? The key to success – any success (weight loss, a healthy lifestyle, stable business, a fun vacation) – is planning!!

Go to the nutrition page at www.personallyfit4women.com to download your meal planning worksheet. This will serve as a guide for successful meal planning.