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Help! I'm struggling to achieve my goal



I have been trying to lose a few kgs. Yes, it's a bit of a boring story, but stay with me.

I wish I could say I am purely motivated by my health. But it's more to look slimmer in photos and have my clothes fit a little better. But I also want to enjoy food and love and accept my body as it is in a balanced and sustainable way.

So I've been working hard. I started on my mind, to get the motivation and discipline right, and align what I want with my values. That smooths the path for the actions I need to take. I looked up lots of information and made a good food and exercise plan that works for me, and is not too restrictive (I love treats).

It has been working. I'm eating differently, much less, and much better foods. I'm focused, I don't feel like I'm missing out, and I'm proud of myself for my self-control.

But ... the scales didn't move! Not one bit. Not for 4 weeks. WHAT? I was so discouraged to see no results from my hard work.

I took a moment to be mad, then I picked myself up, and asked myself a question...

A good question to ask

My question was this: "What will it take for me to lose 1kg?". I did not allow myself to be negative and discouraged, but wanted to explore the real answer to this question. So I kept on with my reasonable eating, including treats (because I know I need them). I increased my exercise a tiny bit. I added a daily visualisation exercise imagining what it would be like to lose the weight, to help my motivation. And I kept going, determined to find the answer.

What happened?

Finally, yes they did, the scales FINALLY budged. All of a sudden they went down 1kg then 2kg! I found my answer. I guess my body needed perseverance with this new way of eating, and continuing to exercise in order to lose even that small amount.

Now I am really proud of myself. I'm proud of how I've managed my mind to support me in this goal. I'm proud that my plan is for sustainable change that I can do, and it won't feel like a burden. I'm proud that I didn't let discouragement take me down, but persevered and, with curiosity, explored the question "what would it take ...?".



What's your question? It might not be about weight, it might be "How can I disagree with my partner without us fighting?", or "How could I enjoy my workplace more?" Don't waste your energy beating yourself up instead try exploring new ways until you get the results you want. It will all be worth it when you find the way that works.

let's go!

