

DAY 5

Hi All,

Who has a work colleague that has discovered you are on “a diet” and has purposefully bought in cake or something similar? These people are called saboteurs and they usually feel bad about themselves. Someone else making a positive change is a threat to their status quo. Feel sorry for them and proudly stick to your plan. Easier said than done at times! They will even have nasty little plans and say things like “I purposefully bought carrot cake because I know you are on a diet.” This is when you must be armed with a chocolate fudge brownie protein bar (or your favourite flavour). Pull it out unwrap it slowly, break off half and slowly but precisely chew and enjoy every bite. Roll it around your mouth and enjoy it and ask your saboteur if they would like a cup of tea or coffee and go and get it for them. Then offer them the other half of your very decadent healthy choice.

Also let's not be our own saboteur!! If you have struggled for years with your own self image and self talk there is only one easy way to fix it quickly in my opinion. **Positive action** will set you in the right direction. So let's focus on the positive things we can do. What are they? Please don't underestimate the power of doing the following things, they may seem small and insignificant but they are the slight edge that allows you to be on the positive curve.

- Drink some water.

- Take your double X, Omega 3 and Concentrated Fruit and Vegetables.

- Have a snack if it has been more than an hour since your last one.

- Stand up and walk on the spot if you are at a desk. YES! NOW!! Do some exercise. Walk to get water, whatever works.

- Read your affirmations (oh you forgot them) well remember them tomorrow or maybe walk to your car to see if you left them there. In fact walk to 5 or 6 places looking for them.

- Take the stairs today.

- Focus on your work today and set deadlines for yourself so you can get everything done and get home on time. Then feel proud about putting on your joggers and going for a walk while others are having Friday drinks.

- Have you got a walking buddy? Time to find one because accountability is key and you are more likely to be accountable to someone else.

- Talk to random people out walking because you have something in common, you are both interested in your health. Look for them every day or say see you tomorrow. The friendship could be lifelong. They might be interested in your Healthpointe program. Who knows?

- Do some deep breathing exercises.

- Stop and “smell the roses” I will often just sit by our creek and listen to the waterfall, or maybe there is a park near you where you can just sit and be still for a while.

- Get the Skip Ross Dynamic Living Seminar and listen to it! (Ask your coach how to get it)

Review your affirmations twice daily and keep looking at that after photo you have of your new you. Positive visualisation is critical. You are better and more capable than you think!!

I have a birthday celebration tomorrow morning to attend. I will let you know how I go. 😊

Jamie