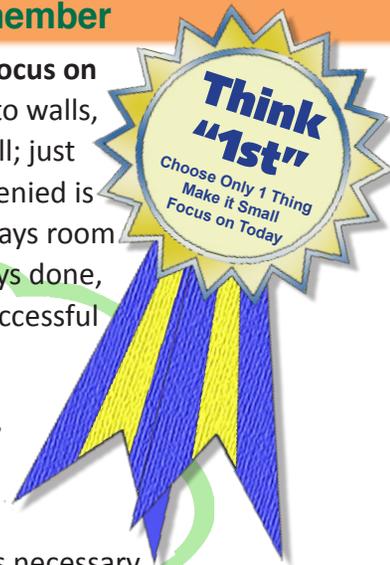


## Inspirational Thoughts to Remember

### Think "1st": Do 1 Thing, Make It Small, Focus on Today

• When you get tired of walking into walls, open the door • You don't need to do it all; just do one thing right now • A compliment denied is a punishment self inflicted • There is always room to improve • If I always do what I've always done, I'll always be where I've always been • Successful people find a way, failures find excuses • Success means getting up one more time than you fall down • One does not "drop" a habit; it is replaced with a counter-productive habit. • Losing weight only requires that you do 51% of the behaviors necessary. (The other 49% just speeds it up.) • Reward yourself often - with something aside from food • If guilt and shame were motivational, you'd already be skinny • Don't give up what you want most for what you want at the moment • Don't let your BIG BUT get in the way of success. • Nothing changes if nothing changes • Small steps done repeatedly generate better results than large steps done intermittently. • To change behavior, change attitudes. To change attitude, change self-talk. • You cannot control anyone but yourself • Nobody makes us feel anything. It is a choice. • Try one new thing each day. • You **can** do this! (Ask for help if you need it.)



## My Personal Fitness Plan



### About Scott "Q" Marcus & ThisTimeIMeanIt.com

Virtually every adult "knows" what to do to improve his or her life — and has the ability to do so. The problem is that he or she either doesn't believe it's attainable (because he's made it too large) or he doesn't believe he'll be able to do what it takes (because he doesn't have enough support) — or both.

Scott "Q" Marcus, CRP of ThisTimeIMeanIt.com, helps people and organizations get past the barriers to their success. By utilizing speaking, coaching, writing, and consulting, he assists them in figuring out exactly what they want to achieve and devising simple, easy-to-follow plans to accomplish them in a supportive, patient, and nurturing environment.

To learn more, or to hire Scott - visit [www.ThisTimeIMeanIt.com](http://www.ThisTimeIMeanIt.com)  
Email: [scottq@scottqmarcus.com](mailto:scottq@scottqmarcus.com) • [Facebook.com/ThisTimeIMeanIt](https://www.facebook.com/ThisTimeIMeanIt)



Scott "Q" Marcus

THINspirational Speaker & Recovering Perfectionist



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## Designing My Personal Fitness Plan

On this page is a simple, easy-to-use, step-by-step format to help you design your personal weight loss plan. In order to do it, you will need about 20 minutes of time and a piece of paper on which you can write down your answers.

### Step 1: Set Goals

In order to be successful, we must make a series of inter-connected smaller goals, that lead to a larger goal. In setting these goals, realize that a safe and sustainable weight loss is **NO MORE** than two pounds a week. Also, realize that the faster you choose to lose, the more work it's going to take. Remember, *it's better to set smaller goals and stick with them, than to try and set larger goals that will frustrate you.*



	One Year From Now	9 Months From Now	6 Months from Now	3 Months from Now	1 Month from Now
Date					
Weight					

### Step 2: Take Action

Setting goals is a great first step. However, nothing changes if nothing changes; they will not “magically” happen. Here, you will list actions you can stick with. Make them small and attainable, rather than large and intimidating. Remember, *you are going to have to create “room” in your life to do these.*

Examples might include, “Walk ten minutes a day,” “Wait five minutes before I eat,” “Write down my food in a journal,” “Try one new vegetable each week,” or “Get a ‘walking buddy.’”

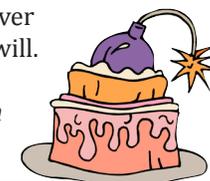
	Start date	What is it?	How will I know it's a success?
Action 1			
Action 2			
Action 3			

The reality is that if you can make these three actions as much a part of your life as some of your other habits, you've got most of the problem beaten. Be patient with yourself in doing these. There will be slip-ups and setbacks. Remember, *if guilt and shame were motivational, you'd already be skinny.* Be kind to yourself when you mess up, but do not give up.

### Step 3: Prepare for Obstacles

We cannot anticipate EVERYTHING that can de-rail us, but we don't have to. We usually slip up for the same few reasons over and over again. For example, we might do well all day, but get sloppy at night; or we forget our plan when we're stressed; or the holidays “do us in.”

**Identify your “Top 3 obstacles;”** those events or times that will most likely throw you off. For each, devise a very simple plan to avoid them; such as “When I am stressed, I will take a brief walk.” When these obstacles arise, you now have a plan to deal with them. Having said that, you're only human, and you will forget these plans. So, also write down what you will do to recover from your mistakes quicker when they do happen — and they will. Remember, *we can never disarm the “food bomb” completely; we work toward making it “explode” less often, do less damage when it happens, and recover from it more quickly.*



	What is it?	How do I prepare?	How do I recover?
Obstacle 1			
Obstacle 2			
Obstacle 3			

### Congratulations!



By completing this, you have done more to achieve your goals than 90 percent of the people who say they want to lose weight. You have moved from “thinking about it,” to “doing something about it.” For that, smile and be proud!

If you would like more of these forms, download them FREE at [www.thisimeanit.com/home/downloads](http://www.thisimeanit.com/home/downloads)

Feel free to share with anyone else who might need help.