

Best Techniques to Hit Your Goals

More

"It does not matter how slowly you go so long as you do not stop." Confucius

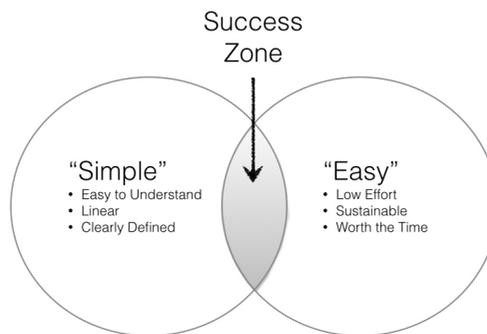
Continuing from our last session

As the second in our mid-year recap series, we'll continue with the concept of providing simple AND easy techniques to stay on track and move forward. In the event you did not get the previous handout, it's available at www.ThisTimeIMeanIt.com/handouts. The concept is explained again below:

Simple vs. Easy

"Simple" means easy to understand. It can be laid out in a straightforward manner which immediately makes sense. *"Easy" implies that the process can be implemented without much effort.*

The two are not the same; for example, weight loss is extremely simple: Shut your mouth and move your feet. See? It makes sense. You get it. It's to the



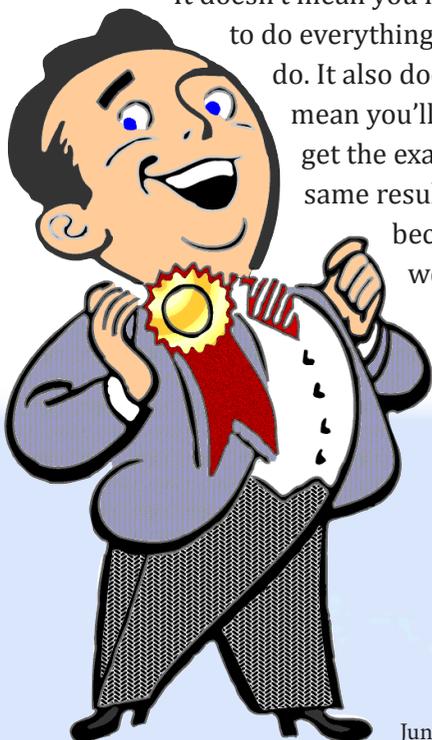
point. However, it's not "easy," because it takes a great deal of effort to rearrange your life, find new ways to deal with stress, carve out time to be active, track what you eat and feel, and - in general - change your view of how you relate to food, celebrations, and family.

The following three techniques deal with your thoughts and how they can help - or hinder - you.

THREE MORE SIMPLE & EASY TECHNIQUES TO GET BACK IN CONTROL

I. Emulate Success

Wanna be successful at something? It's simple! Find someone who is already doing well what you want to do well, and copy what s/he did to get there.



It doesn't mean you have to do everything they do. It also doesn't mean you'll get the exact same results - because we're all

different - but it will move you in the direction you want.

Someday, someone else will be copying you!

2. It's the Small Things

There's good news and bad news: the bad news is small things matter; a "little" nibbling adds up to weight gain. "A few" rude comments can ruin an entire relationship. Putting off one or two chores can eventually lead to a total mess.

The good news is small things matter. A little less nibbling, a few compliments, a couple of things

put away - will start to make a real difference. Pick one small thing and get it done now.

3. Stay in the Present

Speaking of "now," stay there.

Many times, we freak ourselves out by getting into the future or thinking about the past.

"It's never worked before," or *"What happens if I can't maintain it?"* are examples of not being in the now.

There's nothing you can do about what went before and tomorrow's not here yet. Do what you can today. The rest will take care of itself.

Intentions Affirmations Manifestations
FROM "WHAT IF..." TO "WHAT NEXT..."

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