

# 8 Strategies for Getting Your

improved if you set several small goals or milestones for your progress. By setting several small markers of improvement along the way, you build positive momentum and a mindset of success.

### 3. Write down your goals and reaffirm them daily

Everyone knows that people who write down their goals are more likely to succeed than those who don't. But here's something you might now know. Just writing down your goals is not enough to do anything. Writing down your goals becomes powerful only if you refer back to them daily and read them with enthusiasm and emotion. It's the constant programming of these statements mixed with emotion that programs your subconscious mind.

### 4. Practice visualization

Visualization is where you see yourself already at the finish line having achieved success. See yourself in the body you want and imagine everything about how you'll look and feel. Paint a mental picture (see yourself on the beach) and imagine the experience in full detail using all your senses. This practice is most effective right after a workout session when your endorphin levels are high and you feel great. Your subconscious mind will correlate these positive feelings with your thoughts and begin working on recreating the event for real in the future.

### 5. Make yourself accountable to someone else

Trying to go it all alone seldom works. When you're making lifestyle changes you absolutely must have someone to support you and keep you accountable to your goals. This can come from a friend who serves as a workout partner, a personal trainer, or someone who is genuinely interested in your success. It's too easy to make excuses to yourself and slack off from your routines.

### 6. Journal daily exercise and diet habits

This is an extremely effective practice but few people practice it because they say it's too time consuming.

### 1. Make a clear plan...

The first step of ensuring success with your fitness and weight loss goals this year is taking the time to sit down and write out a blueprint for what needs to happen. You must be clear with what changes will need to happen in your life and how you'll accomplish them. What time will you exercise each day? When will you go to the grocery store? You absolutely must focus on preparation and establishing new routines. Those individuals who make daily preparation a priority in their lives and work off of planned schedules overwhelmingly succeed while those who don't typically fail.

### 2 Set realistic expectations

Being highly motivated to have the dream body you've always wanted is a good thing but you must set realistic expectations for yourself in the beginning. Don't set yourself up for disappointment by setting the bar too high for yourself early on. You didn't gain all your weight in 30 days, so don't expect to lose it all in 30 days. Your chances for success are greatly



# Body Back This Year

By Shane Doll

tedious, or boring. I won't argue with that but I also know that it flat out works! People who journal their diet and exercise are significantly more successful than those who do not. It's not essential that you journal indefinitely but in the beginning, when you're trying to establish new routines and habits, this practice is invaluable.

## 7. Get a personalized plan

If your objective is to lose weight (and keep it off) and you go about without having any idea how many calories your body needs or how many you're eating, you're basically throwing darts blindfolded. What worked for a friend may not necessarily work for you. Your best bet is to find out your individual caloric requirements through a resting metabolic rate test. A well thought out exercise and diet plan that is personalized for your unique needs really does make all the difference.

## 8. Let go of bad days

Most people have this false belief that one "bad day" on their diet wipes out all the progress they made for the entire week. This is simply not the case. These negative thoughts can ruin your momentum and derail progress in a minute. The people who are successful recognize they're not going to be perfect and simply try to get better each and every day. When they have a bad day, which everyone will, they simply put it behind them and focus back on their goals immediately.



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