



Welcome Program



**Creating The
New You!**



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Weight Loss Surgery is a powerful tool to help you on your weight loss journey. Like any tool however, your results depend on how you use it.

You have a choice... Are you going to be the same person, stick to old habits and hope for the best or are you going to really embrace this opportunity, set some clear goals and redefine who you are and what you do?

Today, we're going to spend some time getting clearer on the goals you want to achieve (the 'what') as a result of your surgery and the changes you make, and then get clear on your reasons for wanting them (the 'why').

Now you might be wondering why it's important to set goals, and the reason is that quite simply goal setting *works*.

*“Setting goals
is the first
step in
turning the
invisible into
the visible.”*
- Tony Robbins



Your ability to discipline yourself to set clear written goals for yourself and then to work toward them every day will do more to guarantee your success than any other single factor.

And this applies to goals in all areas, not just your health.

When you have a clear goal and a plan to achieve it, you have a clear path to walk on every single day. Instead of being side-tracked by distractions and diversions, getting lost or lead astray, more and more of your time is focussed in a straight line – from where you are to where you want to go.

It's so important to put some clear effort into proper goal setting to get results. The disciplined act of writing out goals, and importantly making plans for accomplishing them and then working on those goals daily massively increases the likelihood of achieving your goals (research suggests by as much as 1,000 percent!)

This doesn't mean that you are guaranteed success, but increasing your probability of success by around ten times is some pretty good odds to have in your favour – especially when there is no cost involved other than spending a little bit of time putting your pen to paper!

Here's a tip: being as specific as possible when you're creating your goals will also increase your likelihood of success, because then you know exactly what you're aiming for, and by when.

For example, "Weigh 70kg by Christmas 20XX" is so much clearer, detailed, powerful and motivating than simply "Lose weight".

The 'What'

Think about what you'd like to be able to do, wear, feel, weigh, have – the things you want that have lead you to this point, where you're embarking on your surgery to get them.

Now, list the **top 3** things you'd like to achieve or have as a result of your surgery and when you want them by (make it realistic and achievable in terms of what you think is possible, as well as a bit of a stretch!):

"If it doesn't challenge you, it won't change you". - Fred Devito

1. by
2. by
3. by

The 'Why'

This aspect is *even more important* than the 'what', because it's the 'why' that's going to help you make the plan, to juice you, to inspire you, to keep you on track and motivated (or get you back on track) when things get tough and life gets in the way.

"When your why is big enough, the how will present itself". - Simon Sinok

1. How will you benefit by achieving your top 3 goals?

For example, more energy to play with your loved ones or do activities, more self-confidence, making your family proud, being a role model and so on...

2. What's the cost going to be (to you, to those around you) in terms of time, money, attention, love, and more, if you don't achieve your top 3 goals?

For example, life expectancy, time with loved ones, not being able to join in activities or feeling unsociable and so on...

3. How will you feel when you achieve your top 3 goals?

For example, proud, energised, elated, ecstatic, calm, motivated, confident, attractive, sexy, energetic, vital and so on...

So you've got your 'What' and your 'Why' – now it's about the 'How' in terms of how to get to your goal and the plan that will get you there.

Without a plan, your 'What' is likely to remain a dream rather than reality, even with your surgery. Your surgery is the start though, and you don't need to plan the 'How' now – that can come when



you've recovered from your surgery and you're starting to create your new lifestyle.

If you'd like assistance with the plan and the actions to take, then this is where The Fresh Start Program can add even more great value, with lifestyle advice,

recipes, physical activity suggestions and videos to follow, as well as mindset activities to get every part of you conspiring for your success, coaching and counseling, and a great community cheering you all the way!

*Enjoy the journey and remember to keep your eyes fixed on the 'What',
and your heart fixed on the 'Why'!*