



SET YOURSELF UP FOR SUCCESS

Below is not rocket science, for many of you it may seem like obvious & basic stuff, but from experience working with clients, **lack of organisation and planning is where many fall down on.**

If you want to be successful at making dietary changes I always think It's wise to have a think about what potential **obstacles and challenges** may come your way e.g. lack of time, tiredness, working late etc. so you can plan how you're going to handle them.

**IF YOU FAIL
TO PLAN,
YOU PLAN
TO FAIL**

Summary Of Tips

1. Limit Temptation
2. Keep Healthy Snacks close to hand
3. Plan Your Meals In Advance & Make A list For The Supermarket.
4. Batch Cooking & Freezing
5. Pre-prepare breakfast & lunches the night before
6. Ask for Support
7. Start weaning yourself off dietary stimulants
8. Make Yourself A Top Priority
9. Reframe your thoughts from negative to positive.

Limit Temptation

To increase your chances of success, I suggest you remove or at least limit the obvious sources of temptation where possible. If you have lots of chocolate, biscuits and sweets stocked in your presses at all times, you're setting yourself up for a lot of temptation. However, if they're not there, you can't eat them. Instead, stock up on healthy snacks and keep them close to hand so you will have no excuse when hunger and temptation strikes



In time, with the mind-set tools you'll learn on my programs, the goal is that you won't feel as tempted by unhealthy foods, no matter what situation you're in but out of sight out of mind is a good policy starting out.

Keep Healthy Snacks Close To Hand

I'd also recommend that you get into the habit of keeping healthy snacks close to hand at all times so you will have no excuse when hunger and temptation strikes. So, for example I always keep nuts & fruit in my handbag in case I get hungry in between meals. See the snack suggestions section for some inspiration.



Plan Your Meals In Advance & Make A list For The Supermarket.

- Before you start your 10 Day Sugar Free Eating plan, I suggest you write down exactly what you plan to eat for all your meals and snacks for the first 7 days. If 7 days seems overwhelming, start with 3 days and repeat for the duration of the 10 days.
- Make a comprehensive shopping list for food items (+ save it!)
- It's advisable to decide on *when* and *where* you're going to do your supermarket shop and make time in your schedule to do so.
- If you don't plan ahead, you put yourself in the position of having to make choices and solve problems in the moment i.e. when you're tired and hungry!



Batch Cooking & Freezing

If time is an issue or you often find yourself too tired to cook in the evenings then consider batch cooking a few dinners, soups etc. in advance and freeze them so you have healthy options to hand at all times.

Pre-prep Breakfast & Lunches The Night Before

if you are time pressed in the mornings, I'd strongly suggest that you do a bit of prep on your breakfast and/or lunch the night before. You'll be so glad you did come the morning!

Ask for Support

If you share your kitchen with others at home or at work, you may want to ask them for their co-operation and support in helping to keep tempting foods out of your sight as much as possible, particularly at the start. Rather than demanding that they also make changes, phrase your request in a nice way, for example, 'would you be willing to help me by....?' 'could we come to some agreement whereby...?'

So for example, when Susan started her eating plan she made a 'no sweets in the house rule' for the whole family. However, as a compromise she agreed that once a week her

husband would take the kids to the shop and they could choose one serving of whatever sweets they wanted as a treat. That way the kids learned that sweets are not an everyday food and Susan was removed from all temptation.

Start Weaning Yourself Off Dietary Stimulants

In the days leading up to your sugar free eating program, I'd recommend that you start slowly weaning yourself down off sugar and caffeine to ease the withdrawal process. You'll see that on the program I recommend reducing your caffeine intake. Going cold turkey on both of these addictive substances at the same time can be tough but weaning yourself down slowly will ease this process. In the week leading up to the 10 Day Sugar Free Program, start by halving your regular sugar & caffeine consumption, and then cutting that half in half the next day and so on and so forth.

Make Yourself A Top Priority

If you feel guilty about the idea of making yourself a priority over the coming weeks, don't. Remember, everyone close to you will benefit in the long run when you reach your health goals.



Reframe Your Thoughts From Negative To Positive

What Are You Thinking?

Are you having any negative or resistant thoughts about making changes to your eating habits or schedule?

If so, it may be helpful for you to reframe any negative thoughts into more positive helpful ones, below is an example.

Negative unhelpful thought: I don't want to have to plan & prepare for healthy meals, I'm busy enough as it is.

Positive helpful thought: I am willing to do what it takes to succeed even if it requires initial sacrifice, feeling good and maintaining a healthy weight is worth it to me.

'When You Master The Process, You Master The Results'