



### Give up, Give in or Give it Your All?

### 3 Things To Do When You Feel Off Track

We can all find reasons why we lose track of our goals and then may find ourselves giving up in the early stages. Let's look at 3 things you can do when you feel off track:

1. Having a bad day is just that a bad day - don't punish yourself: I know, for me personally, I had some stress last week - actually, the day after I set my weekly goals. My immediate response was to stop working towards my goal but the next day I realised that one bad day doesn't mean that I have to give up altogether. We are allowed to have bad days, stresses and what we can do is not look at our goal and thinking we have to 'Begin Again'....we just keep going and allow ourselves have the bad days with ease.

2. Make a Choice: As we have seen above, we can go off track...even if it is for a day or a month but we all have one powerful tool and that is Choice. You can choose again - choose a different thought, a different method of doing things. Ultimately, you are choosing to love yourself and be happy. If you find it hard to love yourself, you can make the choice to learn how to do this through reading, talking or therapies and bodywork. You have the POWER TO CHOOSE :)

3. Focus on the Achievements: When we go 'off track' and feel deflated, this is a great time to focus on the achievements we have made with our current goal(s), no matter how small. If we haven't made achievements as of yet for that goal, you can sit down and write out a list of achievements for

what you have achieved over the years....get an understanding from this of exactly how great you are, what you have achieved and overcome. This can inspire to keep on going.

Above all, no matter how difficult all may seem you truly can do this! Choice, Inspired Action and Belief are what you need!