

MY SUCCESS PLAN



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Welcome!

Up until today you have not failed at anything, you just didn't have a solid plan. That is about to change. If you want to succeed, then let's plan to succeed.

When you are finished with this workbook you will:

- *have a very clear goal that you are **committed** to achieving*
- *know exactly why you are **compelled** to achieve it*
- *have a **real** plan for getting through **all** the hard parts*
- *have a new skill of knowing how to **stop quitting** on yourself*
- *have a **tool** that you can use for anything you want to become*

You are going create a SOLID plan for success.

Stop living an autopilot life.

Commit to doing this and watch what happens!

**You are capable
of doing and
becoming more
than you
realize.**

Let's get started!

Step 1:

Identify Your Specific Result

What does success look like to you? Let's paint the picture.

Who do you want to be in a year?

I want you to imagine your future self exactly one year from today. Conjure up the best vision of yourself.

What does she look like?

What does she feel like?

What is she wearing?

Who is around her?

Who does she inspire?

How does she dress?

Is she into exercise?

Does she have hobbies?

How did she get there?

What did she struggle with?

What did she do when times got tough?

What does she do when she is tempted?

Write it all down. The more details the better. I want you to have a clear picture of your future self.

Write it all here:

Step 2:

Create Your Compelling Reason

(This is a very powerful exercise!)

A compelling reason is what drives your commitment to sticking to your plan. Now that you know exactly where you want to go, use the process below to create your compelling reason.

Complete this statement:

I want to _____

So I can _____

*Then ask **why** at least 3 times!
(5 is better)*

Example:

*I want to live a ketogenic lifestyle.
So I can lose weight and get healthy.*

*Why do I want to lose the weight and get healthy?
So I can feel better and look better.*

*Why do I want to feel better and look better?
So I can bring my best self to every day.*

*Why do I want to bring my best self every day?
So I can help others do the same in their lives by being an example of what is possible.*

My COMPELLING REASON:

*I want to live a ketogenic lifestyle
so I can help others do the same by being an example of what is possible.*

My Compelling Reason:

Step 3:

Create Your Commitment

What are you willing to commit to no matter what?

A commitment means a willingness to be uncomfortable in order to reach your goals. It's not negotiable.

Ask yourself these questions:

- 1. How would making this commitment change the results I get?*
- 2. Why don't I already have the life I described in step 1?*
- 3. What are my competing desires and why do you give to them?*
 - Lose weight vs. giving in to cravings.*
 - Plan vs. wing it*
 - Watch TV or exercise*

When you are clear, write your final commitment statement.

How would making this commitment change the results I get?

Why don't I already have the life I described in step 1?

What are my competing desires and why do I give into them?

What is my commitment statement?

Step 4:

Thoughts I want to believe

What kind of person to you want to become?

This is huge!

When we look around and see people who are successful in the areas we are working on we wonder, what is their secret?

Their secret is only that they truly BELIEVE they will succeed.

It doesn't mean they never doubt themselves or make mistakes, they just know without a doubt that it's going to happen.

They believe in themselves enough to achieve it.

If we are struggling in a particular area it's likely that we haven't learned how to believe that we can achieve it.

If failure wasn't possible, what would you choose to believe?

What kind of person would you like to become?

Here are some of the things I am working on believing:

- *I am capable of reaching my goal weight and maintaining it for the rest of my life.*
- *I am the kind of person who takes her health seriously and will do whatever it takes to be truly healthy.*
- *I am an example of what is possible.*

Write all the thoughts you WANT to believe about your ability to reach your goals (or anything else you are working toward).

Step 5: Brainstorm

Big one!

Pick one of the thoughts that you really want to believe and brainstorm all the things that someone who believed this thought would do.

Example:

I want to believe that I am the kind of person who takes her health seriously and will do whatever it takes to be truly healthy.

What would someone who believed this do?

- *Know where they currently stand and what is not “healthy”*
- *Know what is “healthy”*
- *Have specific goals to reach*
- *Create a plan and follow it*

If she believed Keto was the right diet she would...

- *Eat less than 20 carbs a day*
- *Fast once a week*
- *Track all her food*
- *Make time for her health*

There are many more things on my list but you get it.

What are all the things that someone who believed this do? Write them all here:

Step 6:

Prepare for the “River of Misery”

There are 4 steps that you will go through when you are leaning to believe something new.

- 1. Lightbulb Moment. You will be enlightened. You will know you have found the answer to your problem.*
- 2. River of Misery. You realize that it's not going to be as easy as you think. If you don't swim to the other side you either get caught in the current or drown.*
- 3. The Big Mo. You start to see some payoff but not quite there yet. Still some doubt but the scales are tipping. You have momentum.*
- 4. Autopilot. This is just how I am.*

Let's focus on the “River of Misery”.

Most people give up when it gets hard because they haven't planned for it. It's important to walk into this stage 2 with great thoughts. Something like this:

“This is going to become uncomfortable at times, but I can do this. I have it planned out and I can figure it out.”

Remind yourself that what you are going through is part of the process, but you will get through it because you know it will pay off.

There are 2 parts to this exercise.

- 1. What are my current thoughts about the “River of Misery”?*
- 2. What do I want to think about the “River of Misery”?*

Current thoughts?

Examples: “This is going to be hard”. “I’m not sure If I can do this.”

What do I want to think about it?

“I got this.” “I know it will be hard, but I believe it’s the right thing.” “I know it will be uncomfortable, but I can withstand discomfort.” “The payoff is worth it!”

Step 7:

How Not to Quit

This is a great skill to master.

Here are the definitions of “Quit”:

- *To stop, cease or discontinue.
(one minute your doing it – the next your not).*

*To stop trying or struggling.
Accept defeat.
(External forces have forced it upon you).*

THERE ARE BIG QUILTS AND LITTLE QUILTS

A big quit is an obvious quit. You intentionally make the decision to stop.

A little quit is more subtle....

A “little quit” sounds like this:

- *I can't right now.*
- *I'll do it (start) tomorrow.*
- *This is really hard.*
- *I deserve a break.*
- *I don't feel like it today.*
- *I'm too busy.*
- *(On day one) I'm pretty sure this is not for me because that was really hard.*

The problem with little quits is that they become habits. Too many little quits all add up and become the “Big Quit”.

Let's make a plan for the those little quits.

Write all the “little quit” statements and then write your rebuttal statements below:

Example: “One bite won’t matter.”

Rebuttal: “I am not willing to break my promise to myself today.”

Step 8:

Plan for Temptation

There will be times that you won't want to stick to your plan.

Breaking your plan is probably a "little quit" but knowing this might not be enough to keep you on plan.

In this exercise you will create a plan for that moment when you are tempted. Ask yourself these questions:

- 1. Why was this okay when I made my plan yesterday?*
- 2. Am I willing to "little quit"?*
- 3. How am I going to feel after I eat this?*
- 4. Am I trying to stop feeling something uncomfortable?*
- 5. Is it really worth it?*
- 6. Do I like my reason for eating this?*
- 7. What emotion am I trying to escape from?*

You can make up your own questions, but these work for me.

If for some reason I still decide to go off plan, some pre-planned actions might help. Try these things first:

- Drink a glass of water.*
- Eat salt*
- Wait 20 minutes*
- Pick a comfort activity that doesn't involve food (or anything addictive) like a walk or play your favorite song.*
- Write 5 gratitude statements with your non-dominant hand.*

If in the end you go off the plan NEVER BEAT YOURSELF UP. Treat yourself like you would treat your own child.

What will your questions and actions be?

Step 9:

Make a plan and follow the plan

This is really the secret to everything.

Did you know that humans are the only species on the planet who can plan and make decisions based on what is in our best interest?

Have you ever seen a group of animals having a meeting?

When we plan we are using our pre-frontal cortex. We can make deliberate decisions about what to do next.

Animals are reactive. They respond to what is happening right now and they use instinct to deal with the situation.

Why not use your pre-frontal cortex or “human brain” to create the life you want to live?

All you have to do is to create a plan and follow it.

Sounds easy right? Nope. It definitely takes practice.

So, I encourage you to start planning tomorrow today and just honor your plan for one day.

Tell yourself that you are the kind of person who does what she says she is going to do. Do all this work on that thought.

Do it because you believe that this is the best course of action and it will work.

If you get really good at this, you win!

Create a daily planning sheet for yourself. Include everything you want to plan for the next day. Plan your meals, what time you will eat them, what you will drink and how much. Plan your exercise. Plan it all and then just practice following your plan every single day.

I am COMMITTED to my Keto plan!

Plan for tomorrow:

Food Plan:

Eating Window (time):

Meal 1	Time:	Meal 2	Time:	Meal 3 / Snack	Time:

This is what I will drink

This is the exercise I will do

Time	Exercise

Step 10:

Review and Adjust

It's important to make time to review how your plan is working from time to time so you can make changes as needed. I like to do my review right before I go to bed and on Sunday's.

I ask myself 2 questions:

- 1. What went well today/this week?*
- 2. What can I do better tomorrow/next week?*

Keep a journal by your bed and make it a habit to do this exercise.

When you go to sleep with these questions circling in your mind, you will come up with some great thoughts in your sleep. You will be rewiring your brain to keep moving forward.

You got this!

My Success Plan

(Complete, print and read it every morning)

I know where I am going and why I am compelled to work hard to get there:

I want to: _____

So I can: _____

Every day I practice believing:

Here are the actions I will take every day:

I will pay attention to my thoughts. I have a plan for when things get tough. I will think:

If I catch myself trying to quit (even a little bit) I will ask myself these questions and do these things first:

***I HAVE A PLAN AND I KNOW WHAT TO DO.
MY FUTURE SELF WILL THANK ME.
I CAN DO THIS!***

