



# 1 | MIND THE GAP

If you are looking for long-term change, it is very important that you discover what your **deep-seated reason** to change is.

To help you really change your life, you need to:

- Know what you want out of life
- Understand how your current behaviours are holding you back from achieving those things
- Identify the long-term consequences of not changing

This **Mind the Gap** exercise is going to help you get started.

1

Let's start by experiencing the sweet taste of success. If you improve your diet, exercise regularly, and hit your goal weight, what will life be like? If weight loss is not a concern, this will work with any other health goals.

Write down everything you can think of as you really envision your future life and how it's different in every imaginable aspect of your life. Think about yourself and your loved ones.

Do not stop writing until you feel a high of excitement about all the possibilities ahead.

2

Now that we had a look into your bright future, come back to the reality of today. Are you happy, or are you putting on a brave face and pretending everything is okay?

What are your pain points, disappointments, etc.? What unwanted symptoms of your lifestyle do you have?

How has your excess weight affected your health, relationships, confidence, willingness to experience life, the way you dress, think and feel?

3

You're not going to like this next step, but dig in and do it anyway!

Picture yourself in five years if you do not change. Will you be active? How is your health? Will your dreams be alive? What's your outlook on life? How are the people in your life feeling about you?

3

TOMORROW IS A NEW DAY!

Write down three actions you will take tomorrow to make sure you are moving in the right direction; and they, don't have to be big, just actions that you know you can do.

1.

2.

3.

# Time to Shift Your Mind!

I'm Anita Duwel, Certified Holistic Nutrition and Health Coach specializing in Aging with Vitality!

And, I firmly believe that mindset is the key to success.

This is the first exercise that is found in my [Shift Your Mind to Shift Your Weight 5-day Program](#).

If a mindset shift is what you need, this program will help you to do just that!

If you are like most people I know, you are tired of being unable to stick to your goals whether it is weight loss, weight maintenance, more energy, or just to eat better.

During the [5-Day Shift Your Mind to Shift Your Weight Program](#), you will be jumping into the mental strategies that can help you to achieve the right mindset so that you can get the results you are looking for.



Anita ♡

# What To Expect

1

## Mind the Gap!

You will work on closing the gap between where you are now and where you want to be. Every decision made will be based on your goals so you don't get derailed by bad habits.

## Tame Your Inner Critic!

Learn how to manage the voices in your head that criticize you, tell you negative things about your body, or tells you how you're not good enough. It's what keeps you stuck!

2

3

## Embrace Imperfection!

How is perfectionism and her evil sister 'All or Nothing' showing up in your life? Learn how to be imperfect and be okay with it.

## Be Mindful!

Learn what it means to eat mindfully. Did you know that by doing this you can lose weight and be healthier. And, you will enjoy your food so much more!

4

5

## Stay Committed And Focussed!

Motivation comes and goes; has its ups and downs. But the good news is it can be tapped into at any time by creating a daily motivational routine.

For more info: [Shift Your Mind to Shift Your Weight Program](#)