

30-60-90 Day

Action Plan to

A New You...

How to create your action plan for
success in the next 90 days!

30-60-90 Day Action Plan to A New You!

Congratulations on taking action to work on your personal plan to create a new you. First of all we want to find out what is most important to you, and what would make the biggest difference to your life right now.

What are your top 3 life goals at the moment?

Answer as quickly as you can, you should aim to write down all 3 top goals in 30 seconds!

Goal #1 _____

Goal #2 _____

Goal #3 _____

Great! Now that you know what you want to make happen in your life, let's find out WHY you want it and WHY you haven't achieved it.

You can focus on one goal at a time, or you might want to focus on more than one. As our health is the most important area of our lives, and also dramatically impacts the other areas of our lives, focusing on your health is a good place to start!

When you are fit and healthy you will have energy and more confidence to achieve other goals.

Below you will see a table with 4 questions, this has been filled in to give you an example...

Example: Goal #1 <i>Get to my healthy BMI 25</i>	
What impact will achieving this goal have on your life?	If you don't achieve this goal, how will this impact your life?
<ul style="list-style-type: none"> - <i>More confidence</i> - <i>Will be able to stop hiding at home</i> - <i>Be able to get my picture taken</i> - <i>Happier</i> - <i>Better relationship with my husband as I will feel sexier and more attractive</i> - <i>Wear nicer clothes, feel better</i> 	<ul style="list-style-type: none"> - <i>Always feel anxious about receiving invitations to weddings etc as I hate people seeing me</i> - <i>Feel low about myself</i> - <i>Being obese might mean I will find it hard to conceive</i> - <i>Always feel frustrated</i>
Why have you not already achieved this goal? What is stopping you?	What will you need to sacrifice to achieve this goal?
<ul style="list-style-type: none"> - <i>Always give up</i> - <i>Seem to give into temptation</i> - <i>Think I can't do it</i> - <i>I can't motivate myself to exercise</i> 	<ul style="list-style-type: none"> - <i>Stop eating junk food</i> - <i>Stop drinking at the weekends</i> - <i>Stop watching so much TV during the week</i>
Do you think the sacrifice is worth the result?	On a scale of 1 to 10 how much do you want this goal?
<i>Yes. Definitely.</i>	<i>10</i>
What are your limiting beliefs that are holding you back from achieving this goal?	What 3 things can I do in next 24 hours to take action to get me closer to this goal?
<ul style="list-style-type: none"> - <i>I can't do it</i> - <i>I have always been fat</i> - <i>I won't be able to maintain the weight loss</i> - <i>I am always too tired to exercise</i> - <i>I am too busy to walk in the evening</i> 	<ol style="list-style-type: none"> <i>1. Place order with New You</i> <i>2. Get up early and go for a walk</i> <i>3. Buy a new water bottle</i>

Goal #1	
What impact will achieving this goal have on your life?	If you don't achieve this goal, how will this impact your life?
Why have you not already achieved this goal? What is stopping you?	What will you need to sacrifice to achieve this goal?
Do you think the sacrifice is worth the result?	On a scale of 1 to 10 how much do you want this goal?
What are your limiting beliefs that are holding you back from achieving this goal?	What 3 things can you do in the next 24 hours to bring you closer to this goal?

Goal #2	
What impact will achieving this goal have on your life?	If you don't achieve this goal, how will this impact your life?
Why have you not already achieved this goal? What is stopping you?	What will you need to sacrifice to achieve this goal?
Do you think the sacrifice is worth the result?	On a scale of 1 to 10 how much do you want this goal?
What are your limiting beliefs that are holding you back from achieving this goal?	What 3 things can you do in the next 24 hours to bring you closer to this goal?

Goal #3	
What impact will achieving this goal have on your life?	If you don't achieve this goal, how will this impact your life?
Why have you not already achieved this goal? What is stopping you?	What will you need to sacrifice to achieve this goal?
Do you think the sacrifice is worth the result?	On a scale of 1 to 10 how much do you want this goal?
What are your limiting beliefs that are holding you back from achieving this goal?	What 3 things can you do in the next 24 hours to bring you closer to this goal?

You will probably find that some of the reasons that you have not achieved your goals is that you have some limiting beliefs. Like “I can’t lose weight”, “I can’t get up early”, “I am too tired to exercise”, “I am too disorganised”. To achieve long term success you need to work on your mindset and start believing that you CAN!

A simple way to start working on creating more positive beliefs about yourself and who you are is to create your own personal affirmations. Write out 7 Affirmation that you should read every day out loud. These affirmations should support you in achieving your top 3 goals.

Here are some examples, but make sure you chose affirmations that support your goals and your belief in yourself.

Example Affirmations...

- 1. I enjoy living a healthy active lifestyle*
- 2. I love going for evening walks as it clears my head and keeps me fit*
- 3. I am organised and get things done!*
- 4. I am slim and healthy*
- 5. I am a good example to my children*
- 6. I am happy and positive and inspire my friends and family*
- 7. I am an early riser and love my morning time routine.*

Whatever your goals are, think about what you need to change in your mind to help you start achieving these goals. For more tips on creating a healthy attitude read the article on www.the-new-you.co.uk/articles. On the next page write out your affirmations, if you are serious about creating real change then why not put your list of affirmations on your bedroom wall and read them out loud every morning and night. It might sound weird, but if it helps you to get to where you want to be and start believing in yourself, then why not do it?!

My 7 Affirmations...

1.

2.

3.

4.

5.

6.

7.

So let's recap on what you have achieved so far...

1. You know what you want
2. You know why you want
3. You know what has stopped you from achieving your goal in the past
4. You know the positive impact achieving your goal will have on your life
5. You know the impact NOT achieving your goal will have on your life
6. You know the sacrifices you need to make to achieve your goal
7. You know what limiting beliefs that have been holding you back
8. You know what new beliefs you need to establish to ensure long term success

By completing these exercises you have built a good foundation to help you understand why you want your goal and what you need to do to achieve it. Now it is time to TAKE ACTION.

In the next 30, 60, 90 days where do you want to see yourself in relation to your top 3 goals?

Remember that 90 days is not the end of your goal, it is the START of your living life as the New You, for long term success you need to think, act, and talk in a different way than you do now. You need to establish new beliefs, new routines and talk to yourself with a "I CAN" attitude!

90 days might not be long enough to get you to your goal, but it will bring you significantly closer! Every 90 days start a new action plan with your top 3 life goals... think what you can achieve!!!

When setting your goals always think SMART.

Smart goals are...

SPECIFIC

MEASURABLE

ATTAINABLE

REALISTIC

TIMELY

EXAMPLE	30 DAYS	60 DAYS	90 DAYS
<p>Goal #1 Get to healthy BMI (need to lose 2.5 stone)</p> <p>Reasons Why!</p> <ul style="list-style-type: none"> - Look Good - Be healthy - Wear nice clothes - Feel proud - Start dating again - Be myself! - Start going out more - Feel attractive - Have more energy - Get more fresh air - Improve fitness - Take part in fun run for my favourite charity - Inspire my sister to take action and live healthy 	<p>30 DAY SMART GOAL Lose 1 stone Goal Weight 11 stone</p> <p>KEY STRATGEY Start Total Food Replacement</p> <p>ROUTINES Start walking every morning before work.</p> <p>Read my 7 affirmations out loud every day.</p> <p>Keep a journal or online blog.</p> <p>Keep spreadsheet to track my loss.</p> <p>ACTION LIST Get ipod sorted with favourite tunes for walking.</p> <p>Get trainers and jogging suit ready for mornings.</p> <p>Sort out all my clothes into sizes</p> <p>Place order for New You Diet products.</p> <p>MOTIVATING MILESTONE Getting into my dress that I haven't been able to wear for 10 months!</p> <p>REWARD! Get highlights in my hair.</p>	<p>60 DAY SMART GOAL Lose 1 stone Goal Weight 10 stone</p> <p>KEY STRATEGY Total Food Replacement</p> <p>ROUTINES Walk every morning before work.</p> <p>Start toning by doing sit ups, press ups and tricep dips.</p> <p>Read my 7 affirmations out loud every day.</p> <p>Keep a journal.</p> <p>Keep spreadsheet to track my loss.</p> <p>ACTION LIST Sort out all my clothes, and sell big sizes on ebay or give to charity shop.</p> <p>MOTIVATING MILESTONE Look good for cousins wedding. Stick to plan.</p> <p>REWARD! Buy new shoes and handbag.</p>	<p>90 DAY SMART GOAL Lose 7 pounds Goal Weight 9st 7</p> <p>KEY STRATEGY Total Food Replacement for 2 weeks then reefered. Take 3 products per day and healthy evening meal.</p> <p>ROUTINES Walking every morning before work and do toning exercises.</p> <p>Read my 7 affirmations out loud every day.</p> <p>Keep a journal.</p> <p>Keep spreadsheet to track my loss.</p> <p>ACTION LIST Get new trainers and new jogging suit in size 10.</p> <p>Sort out all my clothes, and sell big sizes on ebay or give to charity shop.</p> <p>MOTIVATING MILESTONE Look amazing for work Christmas dinner!!</p> <p>REWARD! Buy new clothes in size 10!!!</p>

GOAL #1	30 DAYS	60 DAYS	90 DAYS
	Key Goal		
	How to do it		
<p>DON'T FORGET TO LIST YOUR REASONS WHY!</p> <ol style="list-style-type: none"> 1. 2. 3. 4. 5. 6. 	Routines		
<ol style="list-style-type: none"> 7. 8. 9. 10. 	Action List		
	Motivating Milestone		
	Reward		

GOAL #2	30 DAYS	60 DAYS	90 DAYS
REASONS WHY!	Key Goal		
	How to do it		
	Routines		
	Action List		
	Motivating Milestone		
	Reward		

GOAL #3	30 DAYS	60 DAYS	90 DAYS
REASONS WHY!	Key Goal		
	How to do it		
	Routines		
	Action List		
	Motivating Milestone		
	Reward		

Ready, Steady, Go!

Now that you have mapped out what you want to achieve in the next 30,60,90 days the most important thing to do now is get started and BUILD MOMENTUM!

Believe In Yourself!

If you want long term success you need to spend the next 30,60,90 days transforming your mindset to believe in yourself that you CAN achieve your GOAL and that you DESERVE to have your goal.

Love The New You!

You need to focus on LEARNING to LOVE your new routines and ENJOY the process. The more you love your new routines and way of life, the more you will want to keep doing it, long into the future.

RESOURCES FROM NEW YOU HEALTH IMPROVEMENT CENTRE...

For tips on long term health and success subscribe to the [New You Newsletter](#).

For articles and resources to help you with your weight loss journey visit www.the-new-you.co.uk

To order New You Diet products for safe rapid weight loss go to www.TheNewYouPlan.com

To join the New You Social Network go to www.newyoufriends.com

To join our facebook community please click like www.fb.com/newyoudiet

To contact New You Diet email info@thenewyouplan.com or call +44(0)2838354579.

