

ACCELERATOR BLUEPRINT

Your Personalised Book to navigate
your Health & Fitness



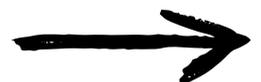
THE WHY?

"Find Your WHY & You'll Find Your WAY"

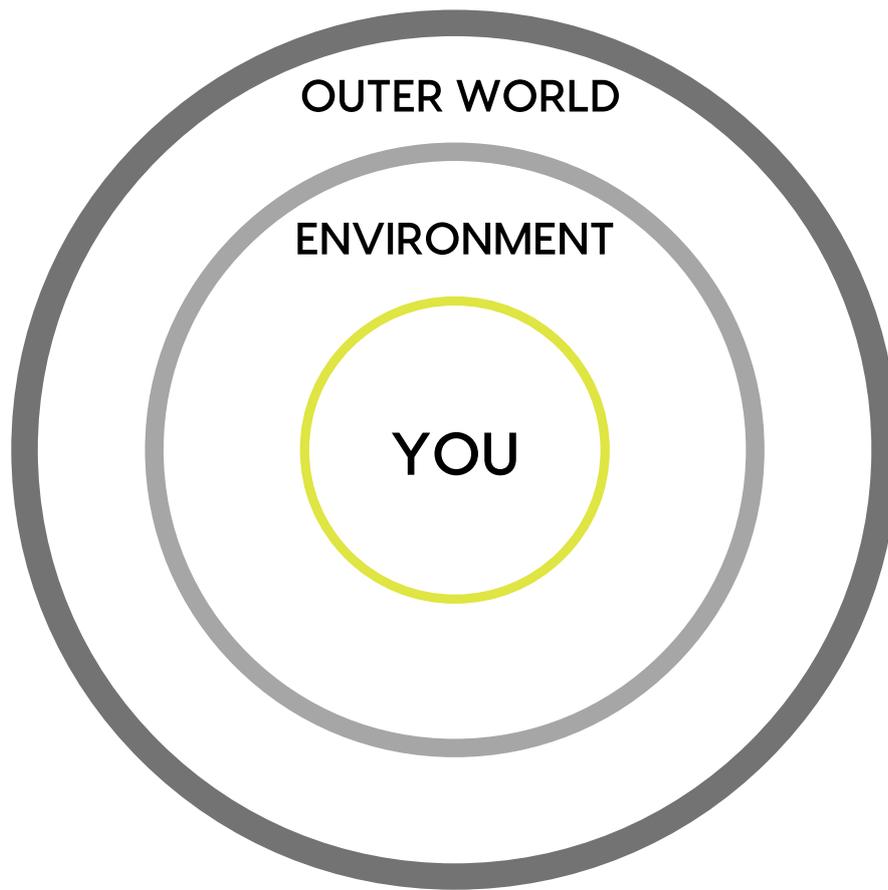
3 KEY QUESTIONS TO ASK YOURSELF?

1. What type of person are you when you **don't** feel energised?
2. What type of of person are you when you feel **energised**?
3. Envision your **best self** and ask yourself "Which one is in alignment to my best self, is it the energised or the fatigued one?"

On the next page we break down where we have seen **100's of people miss the mark** and we are unravelling the secret for you now.



DOING IT FOR YOU!



OUTER WORLD: The world of social media, influence, news and what we see around us.

ENVIRONMENT: Our friendship circle, family, work place or local community.

YOURSELF: Us and how we feel about ourselves. when we are driving, walking or alone.

Your key takeaway is that your **GOAL** that you set on the next page and the habits you set want to be because **YOU REALLY WANT** the goal. Try your best to avoid setting goals based on what the world may perceive as 'successful'.



SETTING UP YOUR GOAL

SMART GOALS

S

SPECIFIC

YOUR GOAL SHOULD BE CLEAN & SPECIFIC.

ASK YOURSELF

WHAT DO I WANT TO ACCOMPLISH? **WHY** IS THIS GOAL IMPORTANT?

M

MEASUREABLE

YOUR GOAL SHOULD ALLOW FOR YOU TO TRACK PROGRESS.

ASK YOURSELF: **HOW** MUCH? **HOW** MANY? **HOW** OFTEN?

A

ATTAINABLE

YOUR GOAL SHOULD BE ACHIEVABLE AND REALISTIC.

ASK YOURSELF **HOW** CAN I ACHIEVE THIS GOAL? **HOW** REALISTIC IS THE GOAL?

R

RELEVANT

YOUR GOAL SHOULD MATTER TO YOU AND ALIGN TO OTHER GOALS & VALUES OF YOURS.

ASK YOURSELF

DOES THIS ALIGN WITH MY VALUES/BELIEFS?

T

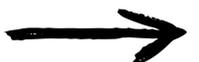
TIME

YOUR GOAL SHOULD HAVE A TARGET DATE OR TIME

ASK YOURSELF:

WHAT CAN I ACHIEVE 2 WEEKS FROM NOW?

Now you have the goal let's lock it in by finding our habits



HABITS

Understanding Habits for Sustainability

Ever wondered why we have habits, and why some are easy to change or create and others are seemingly impossible?

There are many reasons, but one of the ways we can increase the effectiveness of our routine, is by understanding a small system called **Cue, Craving, Response & Reward**.

Let's break each of these down:

CUE:

The cue triggers the brain to initiate a certain behaviour. It is a bit of information that predicts a reward ahead of time.

CRAVING:

The motivational force behind every habit, without any desire or craving a change we have no reason to take action

RESPONSE:

The action we take.

REWARD:

What we receive at the end. Often this is a desired feeling.



MAKING IT STICK

How can we use this system to establish **lasting habits**?

By creating our own cues ahead of time that are easy and enjoyable, we increase the chances of executing a task. If something is too hard and/or boring, we limit the chances of execution.

Here's an example for those who train early.

Cue - Make it obvious - Prepare your clothes the night before.

Craving - Make it attractive - Write yourself a little pep letter to motivate you in the morning.

Response - Make it easy - Organise to train with your friends.

Reward - Make it satisfying - Remember that feeling of accomplishment.

When creating your routine, take it a step further by creating your own cues ahead of time.



365 DAY MINDSET

Wellbeing is a daily practice and so as much as setting a goal and milestone is critical in providing direction we shouldn't fall victim to stopping when we reach our goal.

Like we discussed at the start setting your **'why'** is important because that is what allows you to be your best everyday.

So using your goal as a lighthouse for direction is of most importance but more importantly the person you become for looking after yourself and the way you feel is far more empowering to help you set up a **365 day mindset**.

Now you have come to the end of the book it's your time to really know your **'WHY'**

Why are you choosing to make your health a priority?

Answer here:



CONGRATULATIONS

ON MAKING YOUR HEALTH
& WELLBEING A PRIORITY.

We would love to give you an opportunity to
set your goals & habits personally with our
Experience Manager Kailie

