

Obstacles and Strategies

What went wrong? What happened last time?

You have most likely tried to stick to an exercise program before. Most people have. They try over and over again. Something like a New Year's resolution, summer, a wedding or a reunion motivates them to try again. Eventually, they fail because they basically mimic exactly what they did last time. They might decide to diet again or maybe exercise for 2 hours every day. This represents the definition for insanity – doing the same thing over and over again but expecting a different result. Whatever forced you off track last time, will more than likely surface again.

This time, things are going to be different. This time you are going to be prepared. We are going to develop a strategy for overcoming roadblocks posed by work, kids, fatigue or lack of time. We are going to determine how you are going to balance it all.

Outline any obstacles that have surfaced in the past or that you expect will surface in the future. Once you have outlined the potential obstacles, then we can determine your strategies for overcoming them. You will be prepared - no surprises!

Obstacle	Strategy (you may find it necessary to outline numerous strategies for any potential obstacle)
1.	
2.	
3.	
4.	
5.	

