



THE "USED TO" GUY

Stop Living in the Past Tense

UsedToGuy's How To Hit Life's Curveballs Cheat Sheet

Life can be chaotic and so much is outside our control.

Here are my 4 cheats to help you hit what life can throw at you.

1. **Focus on what you can control.** Working your plan (whatever it may be) can actually turn into a safe haven from the chaos of life.
2. **When you go off track, get back on track immediately.** Blew your day at a work lunch? Adjust your dinner the best you can and just move on. The sooner to get back on track the more likely you are to stay on track.
3. **Don't focus on lofty goals and super long-term planning.** Taking on any large project (and losing significant weight is certainly that) can turn into a cause of stress. You are on a journey, not running a race. By working small and focusing on what you can control you'll be surprised what you can achieve.
4. **Always be kind and forgiving to yourself.** Things go wrong, mistakes happen, we can't control the world around us but we can begin to silence that little voice that tells us we're not good enough, don't have what it takes and won't achieve our goals. Learning to silence that negative voice with incremental victories (a good tracking day, a great workout, losing a pound or two) you can begin to retrain your brain and even see changes in other areas of your life .

Stay consistent, be kind to yourself, and **KEEP MOVING FORWARD!**