



THE "USED TO" GUY

Stop Living in the Past Tense

Keep It Simple Stupid Checklist

- ✓ **I was accountable:** Each day I tracked everything I ate.
- ✓ **I was focused:** I did one thing—focused on my food intake.
- ✓ **I was honest:** I tracked exactly what I ate and tracked my weight each week and logged it no matter what.
- ✓ **I 'worked small':** Each day I recommitted to my plan.
- ✓ **I was mindful:** Every time I ate I made myself aware of how much I was eating. In most cases I pre-measured food—not because I was super worried about how much I was eating but to try to teach myself portions.
- ✓ **I was aware:** Every time I walked past the snack cabinet or thought, "I can have just one of those," I reminded myself that I was going to have to write that down.
- ✓ **I was forgiving:** I made mistakes and led with self-forgiveness and grace which made it possible to just press on.
- ✓ **I was determined:** No matter what I just stuck to the plan.
- ✓ **I played the long game:** I did not focus on keeping score and wins/losses or working towards an end, but rather focused on establishing habits that were sustainable forever.

- ✗ **I did not try to do everything all at once:** I focused just on food, exercise would have to wait.
- ✗ **I did not take a day off:** I didn't want to feel like I was punishing myself or rewarding myself. I was just learning to live my life in a new way. You don't get to take days off from living.
- ✗ **I did not judge myself when I was less than perfect:** Good enough was good enough. I accepted that I was not perfect and could not do things perfectly.
- ✗ **I didn't 'game things out':** In prior attempts I would try to make sure I lost some weight every week so I would do stupid things like trying to sweat off weight the day before a weigh in. Each week would turn into a challenge to beat the last week until I couldn't win and would quickly become exhausted from trying.

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