

Change : where are you at
Today?

1.27.21



journey of change

Change + your Food = it's a Journey



Pre-Contemplation

You're in a stage where making changes in way too hard. Too much effort and not enough reward... but you understand - for health and habits to improve - you gotta do *something, but what*.

Welcome to pre-contemplation, you'll wrestle with no quality intention of changing behaviors!

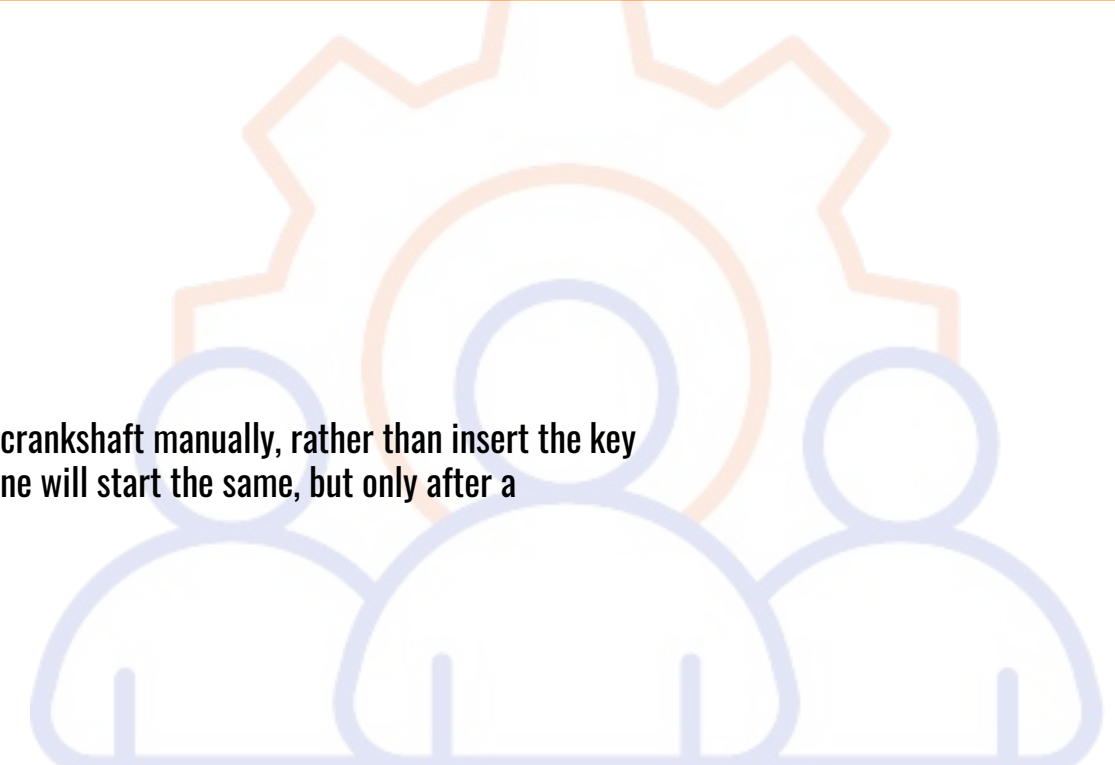
In fact, in this stage, you might be used to waking up and maybe feeling fatigued and down. You notice for example your back is hurting *again* or your energy is low for another week of poor sleep and the process of getting back exists in theory only. Within six months of hurting and processing slowly, this person graduates or advances to Contemplation. Here, there are way too many reasons to not start and so you won't.



You:

- Gloss over health concerns
- Eat anything you want, whenever

“You’re starting the engine by trying to twist the crankshaft manually, rather than insert the key into the ignition and hitting the switch – the engine will start the same, but only after a struggle.”



Contemplation

This is where we start gathering advice and our awareness is being raised typically on our own.

You understand: there are more the cons than the pros of change, but are still nowhere near ready to take action.

You:

- Focus on dieting or crashing every so often
- Relive glory days on occasion when you physically felt better

Spend three to six months here...



Preparation

This is the first phase of active caring and active learning.

You :

- finally change your eating will read magazines and
- follow new fitness ideas, podcasts and thought leaders on the social web and in person.

Your urges become, stronger, more than passing thoughts.

Here, you'll start doing small things to get ready for an impending action. You've have pushed past the part where your inaction is working and your activation energy is growing and the need to shift gets easier.

Chill here for 1- 3 months here.

Taking ACTION

At this point, we're actually doing things to gear us for action!

You:

- Start buying gear - a new pair of Asics or trail shoes to go trail running.
- Begin to make a grocery list and budget \$300 for the month as you purchase organics foods of differing variety.

Action is the stage where the greatest changes transpire. Obviously.

Here, you might pivot here for a while and take branching paths like trying supplements, adding meal plans and more intense workouts to an already successful eating plan to jump start metabolism.



pathway of change



pathway of change

[👉 *Intermittent fasting Breakdown*](#)

[👉 *Kettlebell free Workouts Weeks of 1.21-29, 2021*](#)

