

# action planner

THE LAST 10 POUNDS



“

FOLLOWING-THROUGH IS THE ONLY THING  
THAT SEPARATES DREAMERS FROM PEOPLE  
THAT ACCOMPLISH GREAT THINGS.

- GENE HAYDEN

”

# action planner

**PURPOSE:** The purpose of this 'daily planner' is to develop the very important skill of: **ONE DAY 'follow-through'**.

**WHAT:** **ONE DAY 'follow through'**... is the skill of stating what you will do, and then doing exactly that on the following day.

**WHY:** The reason this is important is because you will make the decisions of what you're going to be eating in advance, and you will do so based on your goals that are important to you. Once you've done that, the only thing left to do is to **'follow through' the next day**. It's simple- but there's nothing more powerful than the skill of **ONE DAY follow-through**.

**HOW:** 1. Set aside a few minutes each night to write down what you're going to eat the next day (breakfast, lunch, dinner).

2. The next day- **you will follow-through on exactly what you've written**.

NOTE: anything else you eat that is not written down, will be driven by instant gratification or emotional eating (...you'll learn more about this in the program).

3. At the end of the day, **you will make a note in your daily planner about whether you followed-through on your written plan or not**. You can also take this time to write down any other observations.

\*IMPORTANT\* do not take this time to be hard on yourself for any decisions you make. **ONLY use this as a process for strengthening your 'follow-through' muscle and for creating gentle awareness about anything that feels challenging for you**. If anything feels challenging... simply make a note of it. You'll have plenty of support to work through any challenges once you get started in the program. Think of this as a daily workout to flex your **ONE DAY 'follow-through' muscle**.

The more you use this muscle, the stronger it gets.

The stronger it gets, the better YOU become at creating results you love!

“TODAY IS YOUR OPPORTUNITY TO BUILD THE TOMORROW YOU WANT.”

## PRE-PROGRAM WEEK 1

	BREAKFAST	LUNCH	DINNER	FOLLOW THROUGH? YES OR NO
M				
T				
W				
T				
F				
S				
S				

It's worth it for me to do exactly what I say I will do because then **I can create & experience exactly what I want to create & experience**, which is:

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Any observations this week:

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## PRE-PROGRAM WEEK 2

	BREAKFAST	LUNCH	DINNER	FOLLOW THROUGH? YES OR NO
M				
T				
W				
T				
F				
S				
S				

It's worth it for me to do exactly what I say I will do because then **I can create & experience exactly what I want to create & experience**, which is:

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Any observations this week:

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**PRE-PROGRAM WEEK 3**

	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>	<b>FOLLOW THROUGH? YES OR NO</b>
<b>M</b>				
<b>T</b>				
<b>W</b>				
<b>T</b>				
<b>F</b>				
<b>S</b>				
<b>S</b>				

It's worth it for me to do exactly what I say I will do because then **I can create & experience exactly what I want to create & experience**, which is:

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Any observations this week:

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WEEK 1

	BREAKFAST	LUNCH	DINNER	FOLLOW THROUGH? YES OR NO
M				
T				
W				
T				
F				
S				
S				

It's worth it for me to do exactly what I say I will do because then **I can create & experience exactly what I want to create & experience**, which is:

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Any observations this week:

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WEEK \_\_\_\_\_

	BREAKFAST	LUNCH	DINNER	FOLLOW THROUGH? YES OR NO
M				
T				
W				
T				
F				
S				
S				

It's worth it for me to do exactly what I say I will do because then **I can create & experience exactly what I want to create & experience**, which is:

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Any observations this week:

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