



Are Excuses “Weighing” You Down?

I still get excited about March being Nutrition Month. (Only Registered Dietitians know and care about this — hey!) So every March I have a sense of duty to empower people to “get going” on their New Year’s resolutions. As a wellness coach, I often coach people who want to “get going” on their “weigh” to weight loss. Just yesterday a client said, “I tend to blame others for ordering more than I wanted when I ate out.” What awareness!

Often times you think you have NO choice. What is your “weigh” of self talk?

- I have no choice when I leave work. (“No one leaves around here at a decent time.”)
- I have no choice when I eat out (“They always order appetizers; that darn bread basket.”)
- I have no choice but to skip lunch. (“My work load is so stressful but stress equals success where I work so I can’t eat lunch.”)
- I have no choice about exercise. (“I work until 7 pm and come home exhausted, eat a lot and get to bed to start the rat race all over again.”)

My clients have realized they are responsible and they have a choice.

K states, “I left work at 5:00 pm, a somewhat more “normal” time; and I had time for a run and feel like I am on vacation.”

Another client, B, states, “What is it about the belief that I need to be on “the edge” to feel that I am accomplishing and successful – the edge is stressful. I am done with that.”

Beth, a coaching client, took responsibility and felt in control in a few short months. She writes, “I am taking lifestyle much slower instead of a get thin quick trick. I have officially lost 10 pounds but I have gained a ton of muscle. My clothes are getting looser and my body is toning up. I am not getting discouraged because I’m not accomplishing everything overnight. Change is a process, not a state.”

She is: planning her evening meals ahead of time. She has a list of healthy entrée and veggie ideas to pick from for her evening meal which she always serves 2 veggies. She met with a personal trainer to create the best fitness program and is doing cardio 2 – 3 times a week, and weight lifting 1 time a week. Beth knows her 2 healthiest fast food meals and EVEN orders them. She completed a body composition analysis so that she has a realistic starting point and goal to reach for. She writes, “I feel more confident and in control of my life and less likely to blindly follow others. I am a more relaxed energetic mom and more patient with my goals and [spend] less time on the couch and my photo project is almost complete.”

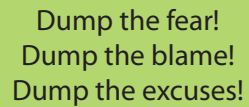
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The most important aspect of taking responsibility for your life is to acknowledge that your life is responsibility. Everyone has a situation or circumstance. Most people put a big fat period after the word circumstance. Circumstance period. Circumstance. Bomb the period. You have a choice. Circumstance + choice.

You are responsible for your life. No one else can be. Ever!

As long as you think it is someone else's fault you will be stuck. Notice how every new day brings a new opportunity for you. Who cares that you have been stuck! Stuck is over. Every day is a day waiting for your new "weigh" of life. What are you weighting for? Ready? Call me! Joyfully, Chere



Dump the fear!
Dump the blame!
Dump the excuses!