

Week 6 Challenge – Implementation Week

This week is all about upgrading. We are well over the half way mark, but I totally appreciate that life takes us a little sideways when we are nurturing and distracted by small children. This week is not a rest week in the challenge, but it is a chance for you to go back and make sure you are getting through all the work and on the right track.

Choose to focus on one of the following areas to really master this week

Exercise: Are you coasting? Are the workouts still challenging? How can you make them harder. How can you make them harder but not longer. Can you take the more advanced options? Can you change your walking route?

Upgrade your food experience: Is there any particular meal that you let slide. Are you still eating toddler scraps for lunch. It's ok if those sleepless nights threw you off track, but this is the flashing light to say "come back over here". Are you doing your best with your food efforts? If yes, totally fine.. If not, what is one small step you are committing to upgrading.

Upgrade your mind: Have are really committed to this one at all yet? Because it wont change if you haven't looked at it since week 1. I guarantee it. Have you tried writing and saying out loud any mantras. Have you been meaning to journal but not gotten around to it? Have you even tried a dance party in the kitchen to start your day yet 😊. What do you want your story to really be? What thoughts would the ideal you say?

Upgrade your habits: Are there habits which are taking you further away from your goal. Are there obvious habits that will draw you closer? Which one are you committing to getting ontop of this week? How will you make it easy and obvious to achieve on a daily basis

Upgrade your environment: I have a huge list of areas that you could address that cause stress in your life. Do you want to be surrounded by constant stress? Did you actually get to decluttering one of these physical or emotional areas? Go back through the list and pick another one. Which one are you committing to this week?

I am committing to upgrading the following area

Write down the following again:

My goal is

My ideal me is... Describe that ridiculously healthy mum that you desire to be. What does she do, what does she say, what are her habits, where does she go, who does she hang out with, what does she not tolerate, how does she interact with her family. Write down all the you want starting with "I am..."

I want you to look at your goal and your ideal you every day this week, so you don't forget that amazing woman you are chasing and are.

Let me know in the facebook group which area you are implementing and upgrading this week.