

From MEH
TO
MOTIVATED
WORKBOOK

Creating a health & fitness plan
that you'll stick with!

www.amandarattay.com

HEY THERE!

I'm really excited that you're going to be joining me on my workshop!

I know when I'm struggling, feeling deflated and like it's all impossible it can be really hard to get out of that rut!

And coming into ½ way through the year, I thought it'd be an awesome time to run this workshop and help you get refocused and motivated again!

I'm going to be running the workshop on Sunday 20th May 7:30pm (AEST) and I'll leave the replay up for a short time if you can't make it live.

LINK TO EVENT:

<https://www.facebook.com/events/1950707341818423/>

If you've got some questions after the workshop, you're welcome to reach out to me. I'd love to hear from you and help where I can!

And if you're after some extra support & accountability to really excel at this action plan make sure you check out my **4-week support and accountability program**. I'll be there to hold your hand, make sure you stick with the plan and fitness questions you may have... Oh and give you a kick up the bum if needed 😊 ... I love you hehe.

Link: <https://amandarattay.com/from-meh-to-motivated/>

I'm excited to see you on Sunday and help you come up with YOUR awesome plan that's just for YOU!

Wishing you awesome health & fitness!

- AMANDA RATTAY XX

WHAT'S BEEN HAPPENING?

I think it's really easy for us to feel like we've failed when we don't look at the big picture. When we step back, it can be easier to see that maybe we're being a bit unfair to ourselves!

So let's start back taking stock of everything that's been going on for you!
The good AND the bad?

Did you get thrown into doing extra hours at work?
Did you lose time unexpectedly from outside influences (like public transport etc?)
Maybe you had extra bills come in so you had to give up some activities?
Were you 'volunteered' for doing activities, committees, kids projects?
Was there family stuff and commitments that came up (kids, sport, birthdays, holidays)?
Maybe you fell ill and it's thrown you out of routine?

Write down every single thing that pops up (no matter how silly or small it may seem).
When we can see what has been going on it allows us to have a different perspective!

The idea is to remind you're doing a fabulous job and juggling everything the best you can! Instead of beating yourself up (which gets us nowhere) let's be kind to ourselves! 😊

WHAT'S WORKED FOR YOU & WHO WERE YOU BEING?

I think that it's really easy for us to feel like nothing ever works. Let's take a moment to think of when things have been working well for you, even if it was for a snippet of time.

- What were you doing or following?
- Why do you think that it was working?
- What were you actually doing, focusing on or telling yourself?
- What is different to now?
- Who were you being?

WHAT'S NOT WORKING RIGHT NOW & WHY NOT?

I think that reflecting on what is not working is as important. It's easy here to spiral and beat yourself up, which isn't the point of this exercise. This is about identifying what patterns keep reoccurring for you? What area do you need help with or are you being unrealistic about?

- What do you feel like you're struggling with?
- What do you tell yourself about that?
- What sabotaging pattern do you seem to repeat? (i.e. always get injured, sick, binge etc)
- What do you focus on when things aren't working?
- What doubts, fears, worries hold you back from sticking with your goals?

WHAT'S IT COSTING YOU TO BE HERE??

This isn't about hating on yourself. It's about getting real and not resigning yourself to thinking things can never change. To do that, let's get REAL about WHY we need to change!

What impact is being this way / not doing this having on you?

How does it make you feel?

What is it stopping you from doing?

How is going to feel if you are still here in 6 months, 12 months' time?

And by the way, just in case you're feeling a bit deflated, what HAS happened doesn't define you! YOU'VE GOT THIS! *(and I'm here to help you too!)*

BRAINSTORM WHAT YOU'D LOVE TO ACHIEVE (1mth, 3mth, 6mth)

PICK ONE! – YES ONLY 1 (& MAX 3 IF GO BACK)

This MUST be an actionable, tangible thing that can be measured.
Weight loss as a goal aren't going to work here (I'll explain more in the workshop).
It's awesome to work towards a healthier, lighter you but you can't measure it.
Let's say you train and eat perfectly but only lose ½ of your goal.
You've failed and the mental games begin... EVEN THOUGH you lose weight and feel better! Please only pick action steps here 😊

HOW ARE YOU GOING TO MAKE IT HAPPEN?

Let's think about all of the things that you'll need to do to achieve your goal and get results!

What do you need to organise, schedule or reprioritise?
What do you need to prepare or get ready?
Who can help you?

WHAT'LL STOP YOU & HOW ARE YOU GOING TO OVERCOME IT?

I think that this is a really important step. Right now it's easy to be fired up and focused, but what happen when that motivation starts to wear off and life stuff comes up? And it always does right when we start something new! It's like we're being tested hehe 😊

WHO DO YOU NEED TO BE TO KICK BUTT?

It's important to think about the behaviours, beliefs for this kick butt version of you.

- What things do you tell yourself?
- What attitude to you have?
- What behaviours and habits do you need to adopt?
- What choices do you make?

WHAT'S YOUR MOTTO FOR THE NEXT MONTH?

I'm hoping you're feeling pumped and like it's achievable! Wooohoooo! What is a sentence or word that sums up how you're feeling? When life comes up and is distracting, what can you say to remind yourself HOW AWESOME THIS FEELS right now?

SUMMARY

There you have it, a realistic health & fitness plan that is what YOU need to do for your right now! It's not about trying to force someone else's program or way of doing things into your schedule. It's about making it work for you, right now 😊

If you have any questions regarding your fitness plan, you're welcome to come and join me in our **free private Facebook Group: Move It.** (hehe how appropriate for a name right!) The group is filled with fabulous peeps who all support and encourage each other. Plus I'm in there regularly answering questions and giving a dose of Amanda love

LINK: <https://www.facebook.com/groups/294669740998230/>

4 WEEKS ACCOUNTABILITY & SUPPORT WITH ME (FOR A CRAZY ONE OFF PRICE!)

I also know that some of you would love to have some extra support and accountability to help you stay on track and really kick butt with this plan!

If you'd love for me to guide you, help keep you motivated and kick butt make sure that you check out my program From Meh to Motivated. Starting Monday 4th of June.

You get access to me for the 4 weeks.

There are weekly workouts done for you to take the thinking out of it

We'll do weekly lives to check in, ask questions specific to your situation, body, goals etc

And it's an awesome community of peeps who are there to cheer you on!

Plus I'll give you a kick up the bum if/when needed 😊

And because I'm trialling it, it's at a crazy low one off price at the moment.

So if you'd love your own PT to help keep you on track, accountable and give you the support you need to kick goals – make sure to check it out.

Doors close next week on Thursday 31st of May (or if spots fill sooner)

LINK: <https://amandarattay.com/from-meh-to-motivated>

I can't wait to work with you to help you feel great & get results!

THANKS AGAIN FOR JOINING ME ON THE WORKSHOP!

I'd really love to hear how you went and how your tracking. I also really hope that we get to work together. I'm super pumped to help you reach your fabulous goals! <3

Wishing you awesome health & fitness

LUV - AMANDA XX