

GET BACK ON TRACK

Understand your deeper motivations first.

Ask yourself questions like:

What about this change is important to you?

How serious or pressing is this for you?

Use the Reset Rule

When things don't go as planned, reset with your very next choice.

Drink water

Go for a short walk

Eat your next meal balanced

Do a 5-minute workout

Go to bed on time

Shrink the Goal

When motivation is low, lower the bar - don't remove it.

Instead of skipping completely:

✓ 5 minutes instead of 30

✓ One healthy meal instead of tracking all day

✓ Mobility instead of a full workout

Consistency beats intensity.

Learn and Move on

You can't undo it, so learn from it.

Take note of what got you off track and make sure you're prepared for next time.

Don't try to make up for it with extra workouts or a day of super restricted calories- that just makes you more likely to go off track again.

One meal/day/weekend is not going to sabotage everything you're working for → Your progress reflects what you **consistently** do, so the important thing is that you don't give up. Dust yourself off and get back at it. NOT tomorrow. Now.
