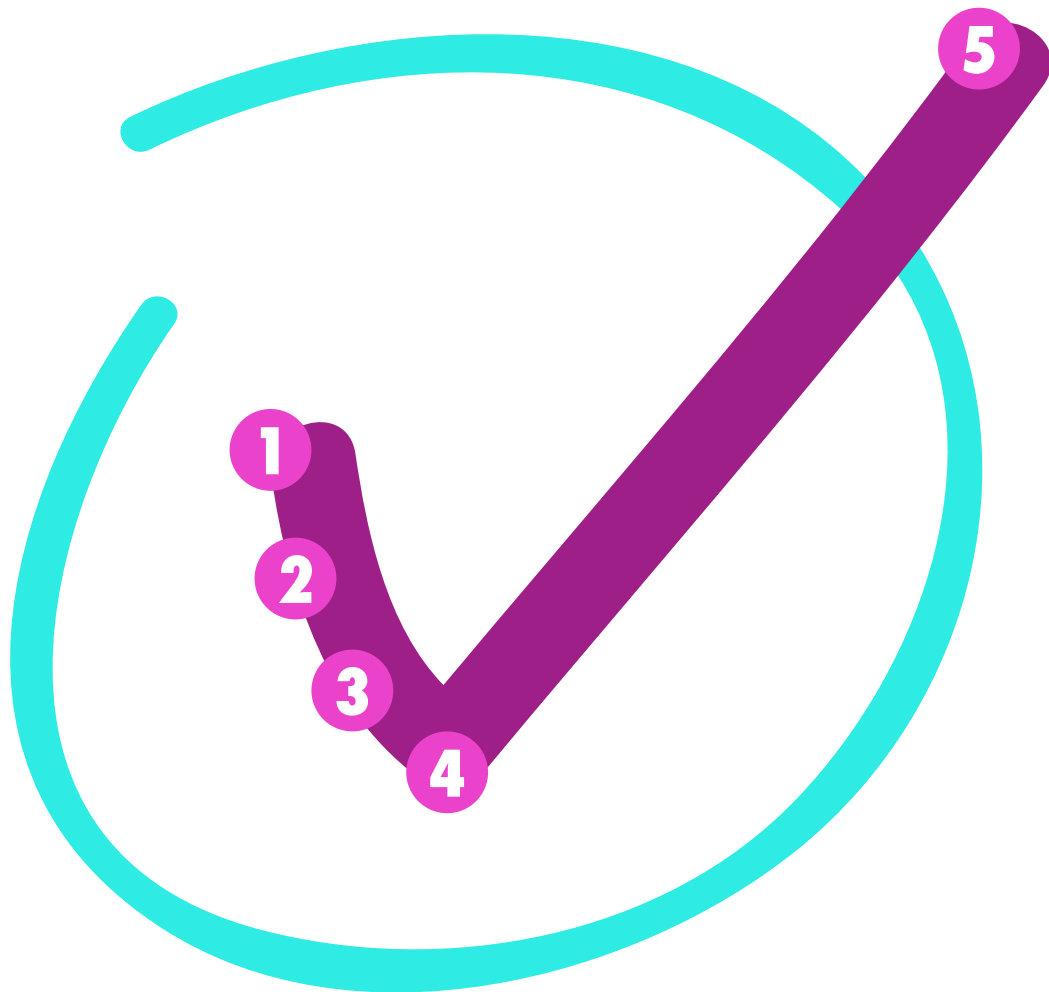


the **GET YOUR GOAL** formula



Step ONE: Know where you are and what you want

Step TWO: Pick a plan and get started

Step THREE: Do stuff to find your thoughts and gather data

Step FOUR: Practice having the thing you want

Step FIVE: Follow the Five Fundamental Truths up the staircase of success

the **GET** **YOUR** **GOAL** formula

Step TWO:

Pick a plan and get started



The 5-0 Method

Every day, do FIVE things that make you say, “OH, I didn’t know it could be this simple to lose weight over 50!”

1. Manage your mindset by finding your THOUGHTS and deciding if they’re HELPFUL
2. Eat the RIGHT number of calories
3. Drink the RIGHT amount of water
4. Get adequate sleep by going to bed at the same time every night and getting up at the same time every morning
5. Exercise MODERATELY

the **GET** **YOUR** **GOAL** formula

Step THREE:

Do stuff to find your thoughts and gather data



Do stuff:

1. Eat the right number of calories
2. Drink the right amount of water
3. Get adequate sleep
4. Exercise moderately

Collect data:

1. Your daily weight
2. Your five thoughts daily
3. Your daily caloric intake
4. Your daily water intake
5. Your daily sleep
6. Your daily exercise

Find your thoughts:

1. Ask yourself a specific and detailed question
2. Write your completely uncensored answers, one sentence per line
3. Add "I think" in front of each sentence
4. Listen for/find the feeling that each sentence creates for you
5. Decide if the feeling is "good" or "bad"
6. Write HELPFUL next to sentence that create a good feeling, and UNHELPFUL next to sentences that create a bad feeling
7. Let your brain work its magic

the **GET YOUR GOAL** formula

Step FOUR:

Practice having the thing you want



What the “hard bounce” looks like:

1. Arguing with yourself
2. Urgency to make changes in your plan or your goal
3. Self doubts
4. Confusion
5. Overwhelm
6. Perfectionism
7. Long periods of inertia (plateaus)

What to do during the “hard bounce”:

1. Get coached
2. Understand that this is the discomfort of trying to believe two different self concepts
3. Accept where you are and allow the discomfort to exist
4. Use your data collection (Step THREE) to find evidence of your success
5. Spend time imagining your future self in as much detail as you can
6. Acknowledge your wins (evidence of your future self concept)
7. Cultivate a belief in your inevitable success

the **GET** **YOUR** **GOAL** formula

Step FIVE:

Follow the Five Fundamental Truths up the staircase of success



The Five Fundamental Truths

1. You ARE a Golden Nugget (you are worthy, you are complete, you are lovable, you are capable and you belong)
2. You are both a miracle AND a mess
3. You have all the power, all the time (because you have the power of your THOUGHTS)
4. Your FEELINGS are meant to be felt
5. You are the CREATOR of everything you want