

A woman with blonde hair, wearing sunglasses, a white short-sleeved top, and a pink patterned skirt, is lying on her back on the hood of a teal car. Her legs are raised and bent at the knees, with her feet pointing towards the top right corner. She is smiling and looking towards the camera. The background features lush green palm trees and foliage. The entire scene is framed within a large, light green circular graphic that serves as a backdrop for the text.

THE NOURISHED BODY

7 STEPS TO STICK TO YOUR GOALS

WRITTEN BY
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Hi, I'm Hannah.

Founder of the fight fatigue
facebook group and The
Exhausted To Energised Method

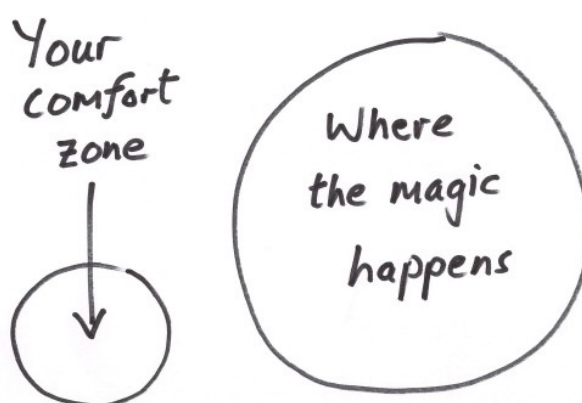
I speak to Women everyday who lack the confidence in themselves to take the actions they need to heal their health.

We have all been there hey, when we really wanted to achieve something and for some reason it didn't happen. We beat ourselves up and then convince ourselves that we don't have what it takes.

Do you know what that little voice is? It's just fear, yep, it's just that familiar little voice is trying to keep you safe but all growth happens outside of our comfort zone.

If you really want to achieve your goals, whether that is to restore your health, your energy or something entirely different then it's time to say goodbye to guilt and step out of your comfort zone into the unknown.

Now don't be scared, I've got your back and I'm going to show you how I've done it and how I've helped countless other Women do it. Are you ready?



7 COMMON REASONS FOR FAILURE

1/ You actually didn't want it enough - change takes effort do you want it enough or is it just a nice to have?

2/ You weren't specific enough, example you want to loose weight or feel better, what does that mean and how would you know you've achieved it?

3/ The goal was too big (no goal is too big by the way and we will get to that) but when you lost 1lb that felt a MILLION miles off your 5 stone target

4/ You didn't stop to review why things went wrong, so you couldn't pivot

5/ Negative self talk, when you weren't 'perfect' you started criticising yourself - does that motivate ANYONE?

6/ You don't believe you can do it and you let past failures effect your mindset. No confidence shows up in your language 'I'll try' or 'I hope so'.

7/ You didn't have enough support or accountability. You had no-one checking in on you. Seriously, would your kids do their homework or even clean their teeth if you didn't check in?

Now review

Think of a past goal that you haven't acheived yet and workout why, what part was missing, what would you need to do to be successful next time?

7 STEPS TO STICK TO YOUR GOALS & GET RESULTS!

The #1 predictor of success is self belief, you must learn to draw on it when you need it.

1/. Check in that you want this goal for the right reasons and not to keep someone else happy. You have to WANT it so bad that you are prepared to take daily action to reach it

2/ Now be specific, example if you want to loose weight, how much and by when?

3/ Make bigger goals into smaller milestones. If you want to loose 5 stone by the end of the year that's about 1.5lbs a week. Now set daily actions every night of non negotiables you will do the next day towards that goal. Example, exercise 10 mins, prepare a smoothie for a snack, eat vegetables with every meal

4/ Review weekly. If you didn't take the required actions, why not? Pivot so you won't run into the same issues again

5/ Have a mental vision, a mantra or a vision board. Celebrate failures just like billionaire Spanks founder Sara Blakely (listen to the audio for the detail)

6/ No confidence? Then use an anchor, this is how. 1/ choose your emotional state, 'I have 100% confidence in myself' 2/ think of that anchor, a time when you felt it 3/ change your physical state - song or power move

Remember the four C's for confidence

Commitment - make a commitment based on your vision

Courage - to take action without any proof it will work

Capability - you feel capable after you have taken the action

Confidence - then follows (you have proof you can do it now)

7/ Support and accountability is needed and you may need to pay for it (in my experience)

Be bigger than your excuses

Success leaves clues - who has done it before use their road map, use their plan!

If you are struggling with your health, your energy levels, you are feeling stressed or generally overwhelmed with life. This is what I help Women overcome everyday with The Exhausted to Energised Method.

It's a 12 week programme I designed especially for busy Mum's who want to restore their energy naturally by balancing their hormones.

Where Women have failed before they succeed due to these steps in the programme:

- You create a vision and work on your mindset
- You follow a proven step by step plan that leads to success
- You take bitesized steps so you don't get overwhelmed and give up
- You have weekly accountability
- You are supported in a community

Book a call with me today to find out more

<https://calendly.com/hannah-thenourishedbody>

If you don't feel confident it doesn't matter, start anyway confidence will follow!



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**NEXT STEP:
BOOK YOUR
CALL**

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