



Ditch the All or Nothing Approach

At the beginning of any new plan or attempt to “get healthy,” it’s so easy to fall into an all-or-nothing story. See if this sounds familiar...

“I swear I’ll be in the gym 5 AM every morning, no questions asked.”

or

“No more caffeine for me! I’m tossing out my espresso machine, and going pure green juice, baby!”

In theory, these are great ideas. But the problem with such black-and-white thinking? It backfires. Why? Because it’s rigid, restrictive and loaded with unrealistic expectations.

When you set strict, all-or-nothing rules for yourself, you risk welcoming an unwanted emotion into your carefully laid plans: guilt. Every time you “fall off the wagon” by indulging in a craving or missing a workout, it can pile tons of self-criticism and shame on top of your good intentions.

Don’t get me wrong; setting lofty goals is great! But keeping your expectations reasonable, and celebrating milestones – however small – is essential to your enduring success. This is about remembering that while you may not be perfect all the time, you’re still making progress (even if it’s baby steps!)

Let’s record some ways to help you remember that the cumulative effect of all those efforts does add up.

The answers you fill in here can be personal milestones, helpful reminders, or small action steps you can take immediately to remember that you’re on the right path and doing beautifully.

If life gets in the way of my eating and meal prep, or I decide to sleep in instead of exercising, I won’t beat myself up. Instead, I will:

If I overeat at a meal, I won’t let myself feel heavy with guilt or punish myself. Instead, I will:

Whenever I succumb to a craving, I won’t let critical thoughts creep in. Instead, I need to:

When I catch myself sliding back into my old story, I won’t forget that this is a journey. Instead, I need to:

Write any other thoughts that come to you right now.
