

# Cheat sheet

## Willpower strategy #1



### Darren Tebbenham & Allison Rumgay

CO-FOUNDER, GLOO

We offer a 10 Week Challenge program and a 100% money back guarantee to ensure our clients get the result they want that sticks.

We would love to invite you to come and see us. Take a look around our Stratford-Upon-Avon based studio and either sit in on one of our Monday evening seminars or meet with a trainer to talk through how we might help.

### Contact



[www.gloofitness.com](http://www.gloofitness.com)



01789 268 068



Cygnets Court, Timothy's  
Bridge Road, Stratford

You must must must get clear on a few things before you start. **CLARITY** is your first pillar and every one of our clients uses their Challenge Journal to clarify the exact behaviours and faulty thinking that got them into their current situation and more often than not keeps them stuck there.

Arriving in a city you have never visited before lost and wanting direction relies on two things. One, you need to know where you are. Without that big arrow saying "**You Are Here**" it is impossible to navigate to where you want to be, leaving your entire journey to chance and likely going nowhere in particular.

Once you can ascertain your start point, and on your journey with GLOO this relates to your current weight, body composition, metabolic rate as well as habits and behaviours that are or have been running that brought you to this point, you can begin your journey with confidence.

By taking the time to better understand the patterns of thinking, feeling and acting that have caused the current frustrations with your weight, health and fitness you will ensure you do not carry these bad habits with you along your journey.

Of course, the other aspect is knowing where you are heading. Without starting with a clear end in mind you cannot create a journey of purpose. And the whole purpose of this journey is to lose the weight you want, feel the feelings that will enrich your life and live a life you can be proud of. So, this second element is to get super-clear on what it is you truly want and why. This is where you need vision...

## Willpower strategy #2

In order to stop stopping and leave those old habits and behaviours behind, you need to **VISUALISE** who it is you must become to free yourself from the self-sabotage and struggle that has ridiculed your past attempts to lose weight for good.

The strongest force in the human personality is the need for us to be consistent with who we think we are. And your mind currently likely holds an image of your struggles in this arena of your life, and not yet your successes.

Be before you are and you shall become. Our Challenge-clients are asked to create a vivid image of the person they need to become to enjoy life as a person in complete control of their weight loving their new health and fitness. When we get clear and create that vision as to who we must become and what life is like as a fitter version of ourselves, we must act as that person starting today.

Until you focus on what you should be eating and drinking, what you should be doing, how you should be thinking, you will fail to reverse the negative psychology of your past that has primed your thinking to become focused on food avoidance creating a negative association with food and drink instead of a happy and social one you are in control of.

## Willpower strategy #3

Consistency, consistency, **CONSISTENCY**. This is the 3rd pillar. Day in day out, week after week our clients do what they must do to get the result they want. It's not easy. And it's why our clients are on our Challenge program. It's for the **accountability**.

Celebrating your daily wins is one method to remain consistent with your efforts for by doing so you better manage your confidence and so stop the ups and downs; the highs and lows of the journey, instead creating a more consistent approach that is sustainable.

Consistency is about refraining from an all or nothing, on or off mentality that often accompanies people's struggles with their weight. Being more consistent means day in day out, week on week focusing on the objective challenge of tracking your calories and protein as well as daily cardio to create new habits. Your job is to protect the new you that you are becoming from the old you who will try to pull you back. To break your old habits will require complete release from your old ways of thinking not just trying on some new behaviours for a while. And this is exactly what we help our clients do!