

Progress > Perfection: The New Way to Stay Consistent

How to stay on track...even during the school year



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Reframing Success

What I often see is this...

It's not that people can't stick to their healthy habits

It's that they're using the wrong measurement of success.

What We Have Control Over

- Brushing our teeth
- Washing the car
- Cleaning the house

What We Don't Have Control Over

- The weather
- Store running out of a key ingredient
- If the interent will work or not

When It Comes to Health

There are also things we can control vs things we can't

Control

- Eat a healthy breakfast
- Take 5 minutes for a micro-workout
- How we handle a stressful situation

When It Comes to Health

Things We **Can't** Control

- Number on the scale
- Biometrics
- Results of a blood test

We're able to influence them, but they may not change in the direction we want them to, even if we follow exactly what we think we should be doing.

What Does Success Look Like?

So why would we measure our success by things we can't control?

Success should look like...

Habit consistency...not outcome, such as the number on the scale

Habits could look like...

- Snack you bring to work
- Time you go to bed
- Drinking water at lunch

When We Measure the Wrong Success

If you focus on things outside your control → feel discouraged → quit → restart cycle.

Let's Make a Promise

I will define success by things I have control over, such as my habits.

The Truth About Consistency

You may be saying to yourself...

“But I can never stick to new habits and I have to start all over”

Well that stops today!

Because consistency doesn't mean doing something perfectly 100% of the time.

What Does Consistency Look Like?

A study by Precision Nutrition says...

Even with only 30-50% consistency, clients still saw measurable success.

- That means if you pack your lunch 2 days a week instead of 5, celebrate it!
- Reduces all-or-nothing thinking and helps you stick with it longer.
- This is especially useful during the holidays as our to-do list grows & schedules fill up

What Happens When You Struggle

Even when you're not perfect, do it with intention...because it gives you control of your decisions.

Ask yourself...

“Am I still moving forward and doing better than where I started?”

When You Try to be Perfect

Trying to be 100% perfect all the time leads to...

- Burnout, guilt, and ultimately giving up
- One “off” day turns into “might as well give up.”
- I’ll just start in January mentality

What Does Consistency Look Like

What's a healthy habit you'd like to do this next week?

Aim for doing it 3-5 times

No Step is Too Small

Taking small steps is important because...

It builds confidence because every time you succeed, you reinforce the good habit.

When you've failed in the past...

It's chipped away at your confidence...so we need to rebuild it!

What is a Small Step

Actions need to feel doable...even with a busy schedule.

It's slightly more than no action but not so big that you already have the feeling there's no way to stick with it.

Each step builds trust with yourself...

“I did what I said I would do.”

When Steps are Too Big or Rigid

It's easy to quit entirely and self-sabotage sneaks in...

"I've never been able to stick with it in the past...why would this time be any different"

You stay stuck in the "I'll try again next week (or January)" cycle.

What Are Some Small Steps?

If you're just starting out...

- 30 seconds on a treadmill
- 1 sip of water
- Putting on tennis shoes

If you're a little further along...

- 1 glass of water in the morning
- Walking for 5 minutes
- Eating a serving of veggies with dinner

Where to Start?

You don't always start where you think you might start.

Jen's Story

She always felt exhausted & could barely get up off the couch in the evenings & weekends.

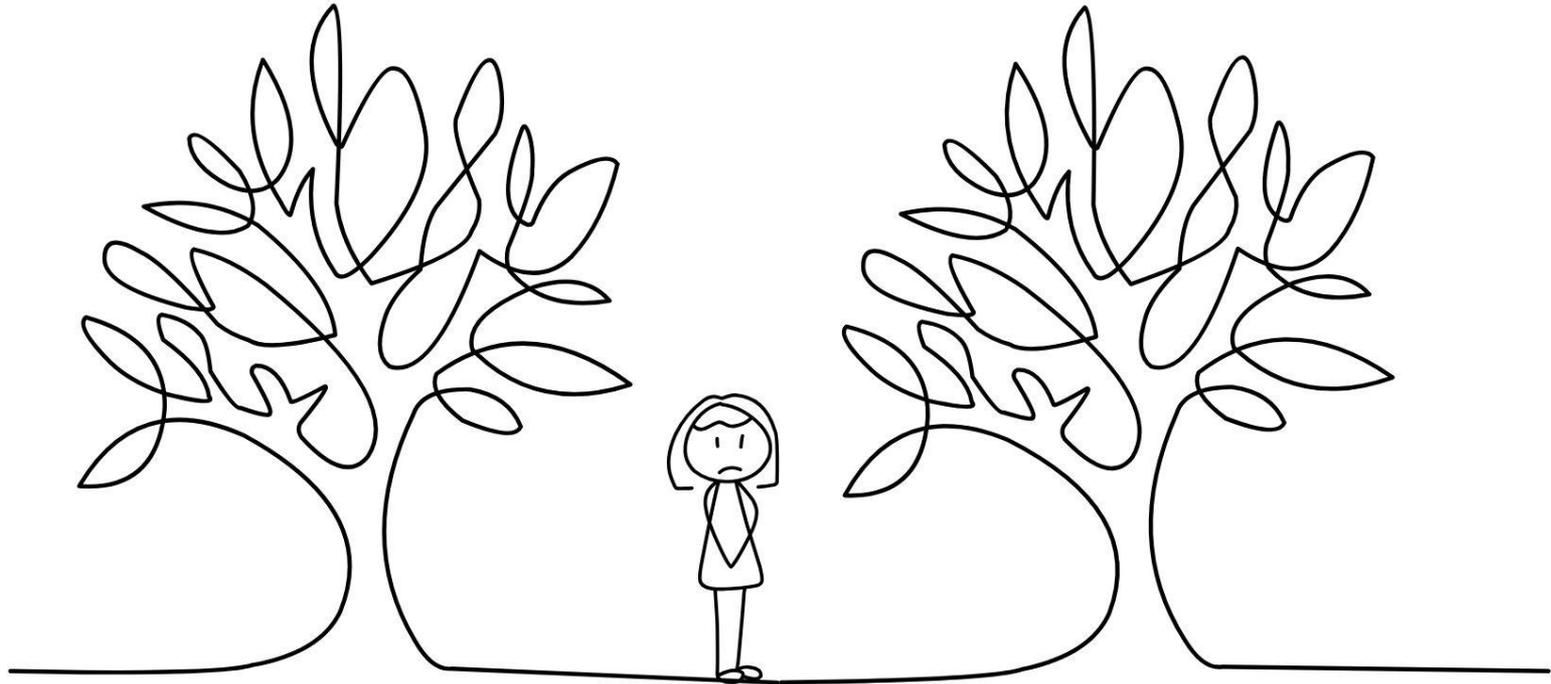
When I walked her through the process, we didn't start where you might think we would start; instead, we started with making laundry detergent.

That makes sense right?

Well here's why...

Diet

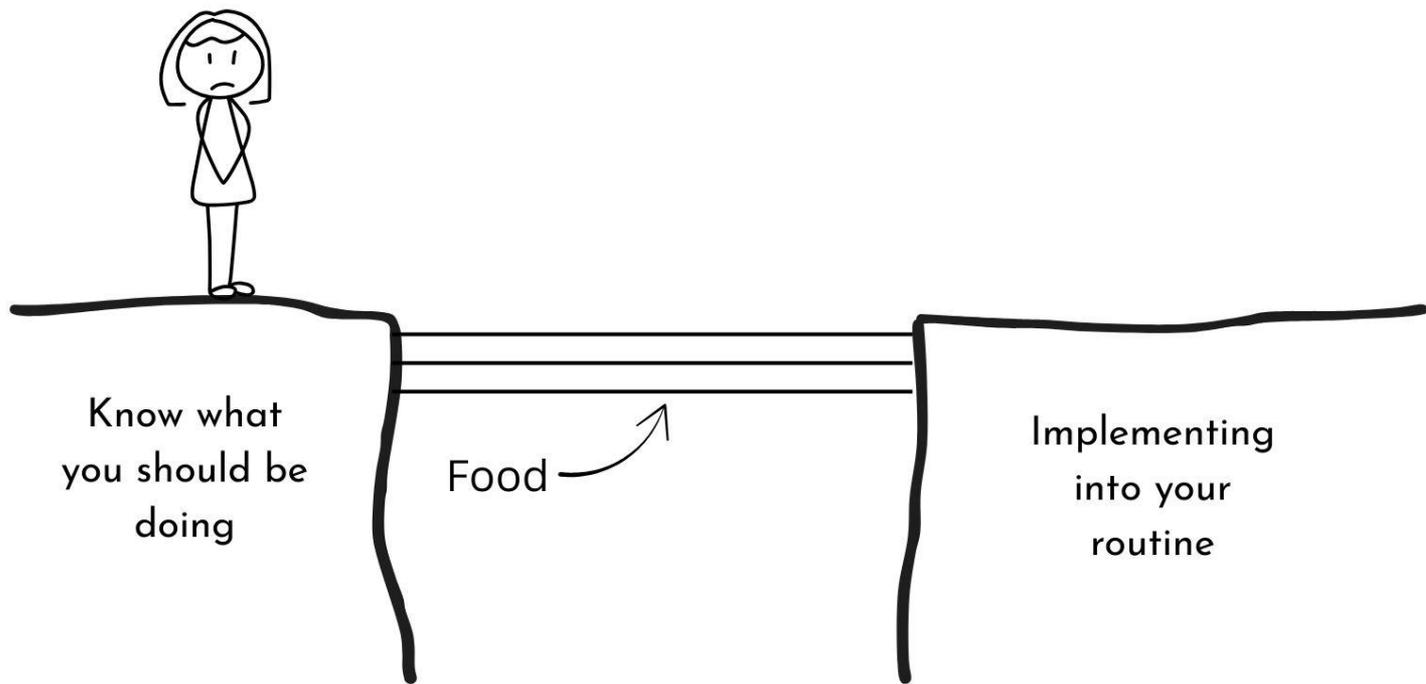
Workout

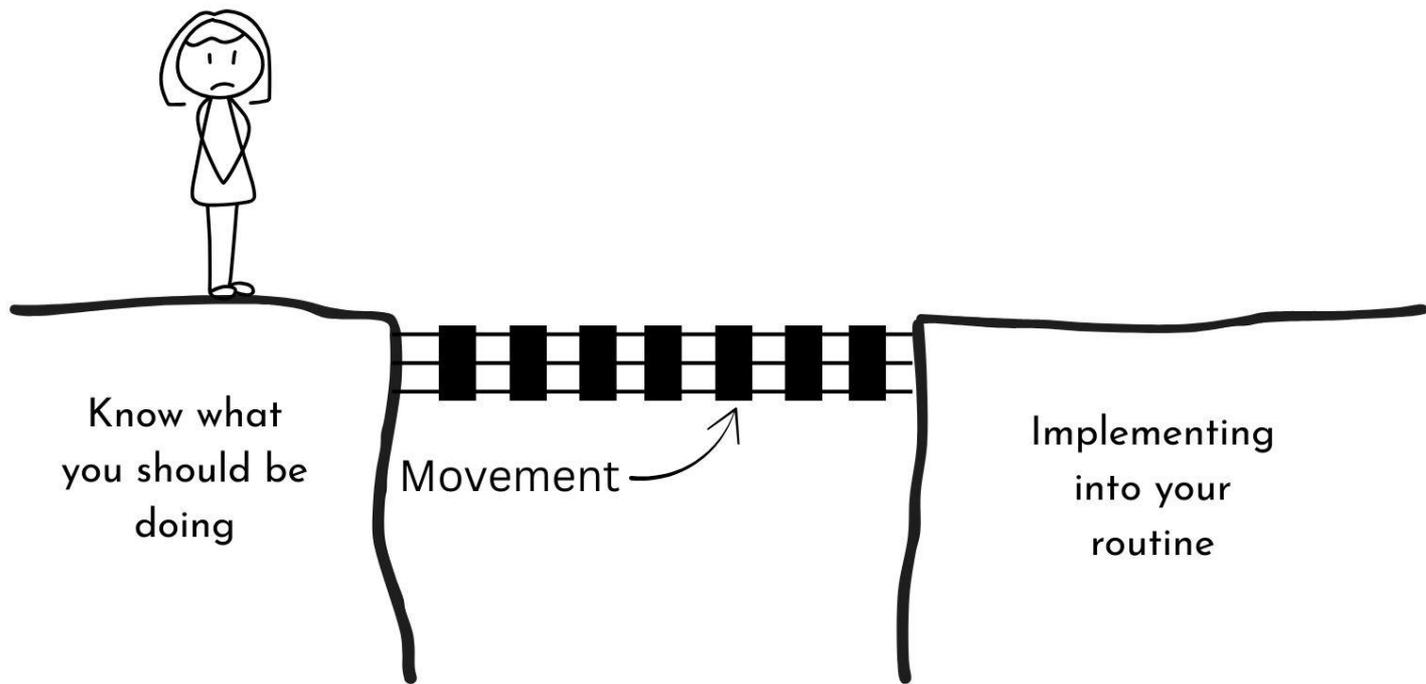


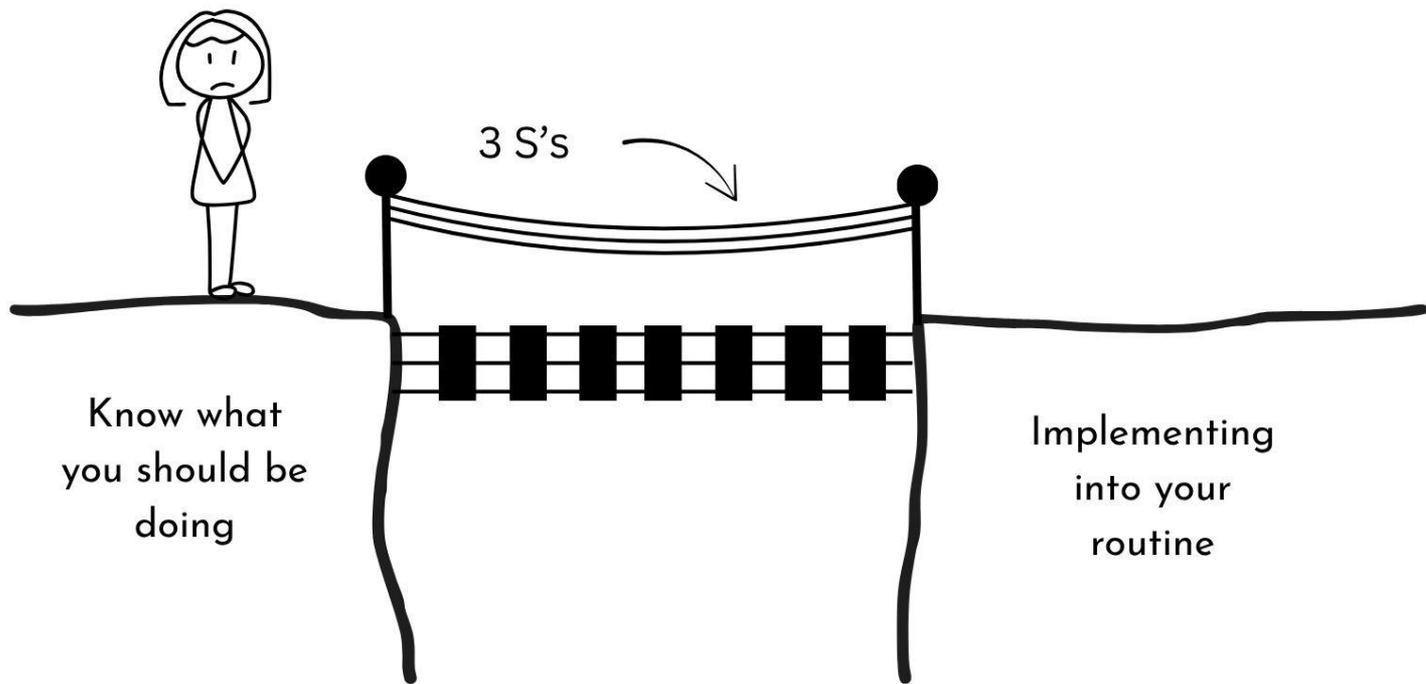


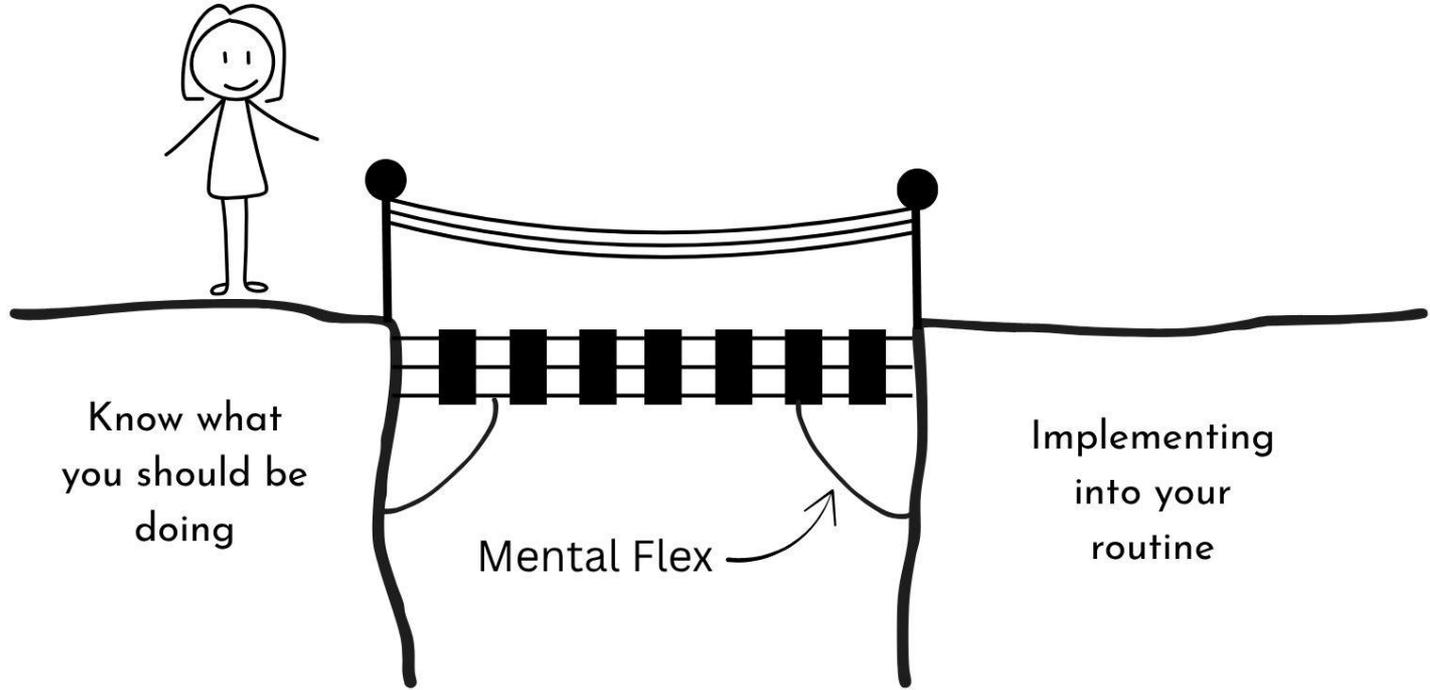
Know what
you should be
doing

Implementing
into your
routine







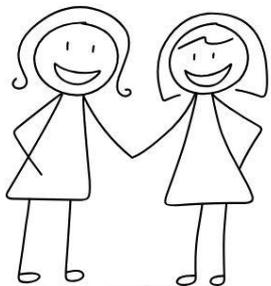


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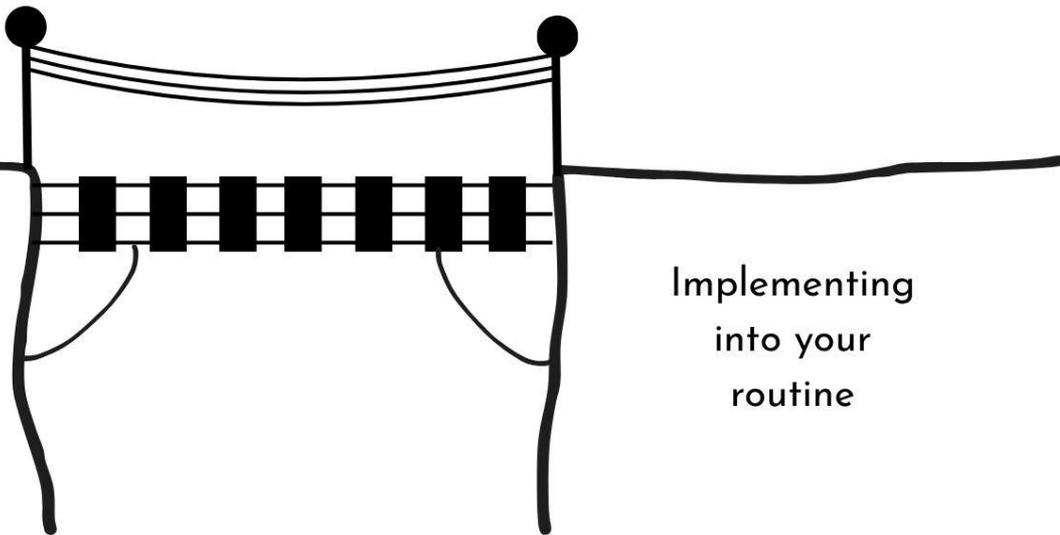
Mental Flex

Implementing
into your
routine

Support

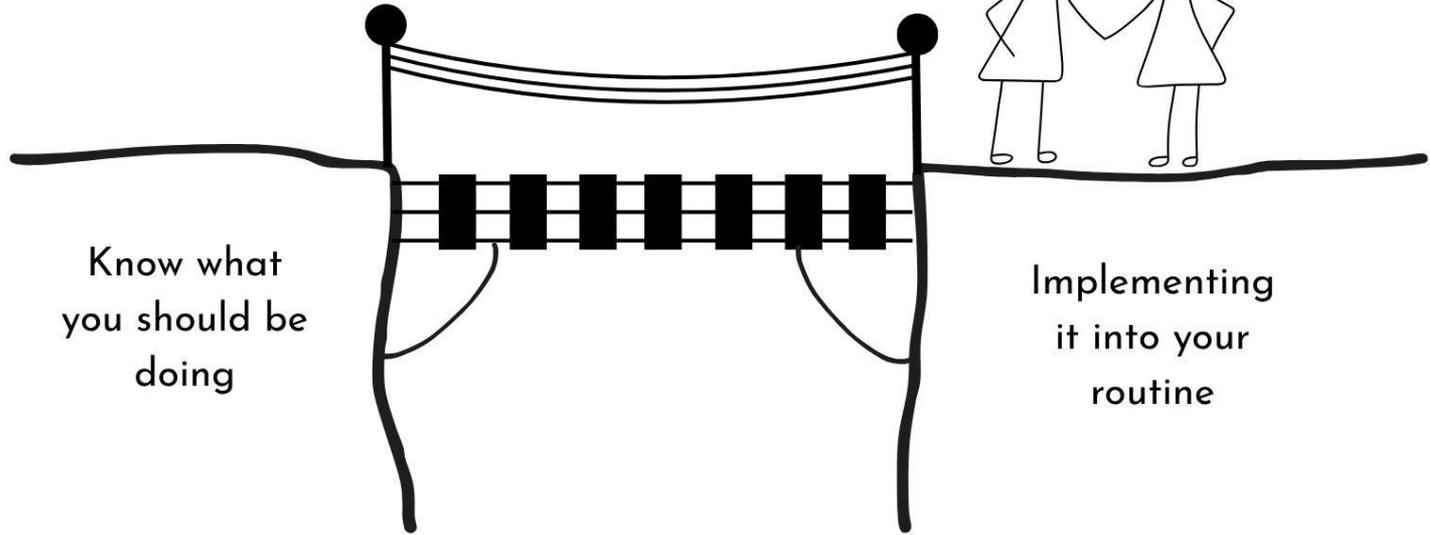


Know what
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Implementing
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Staying on Track 

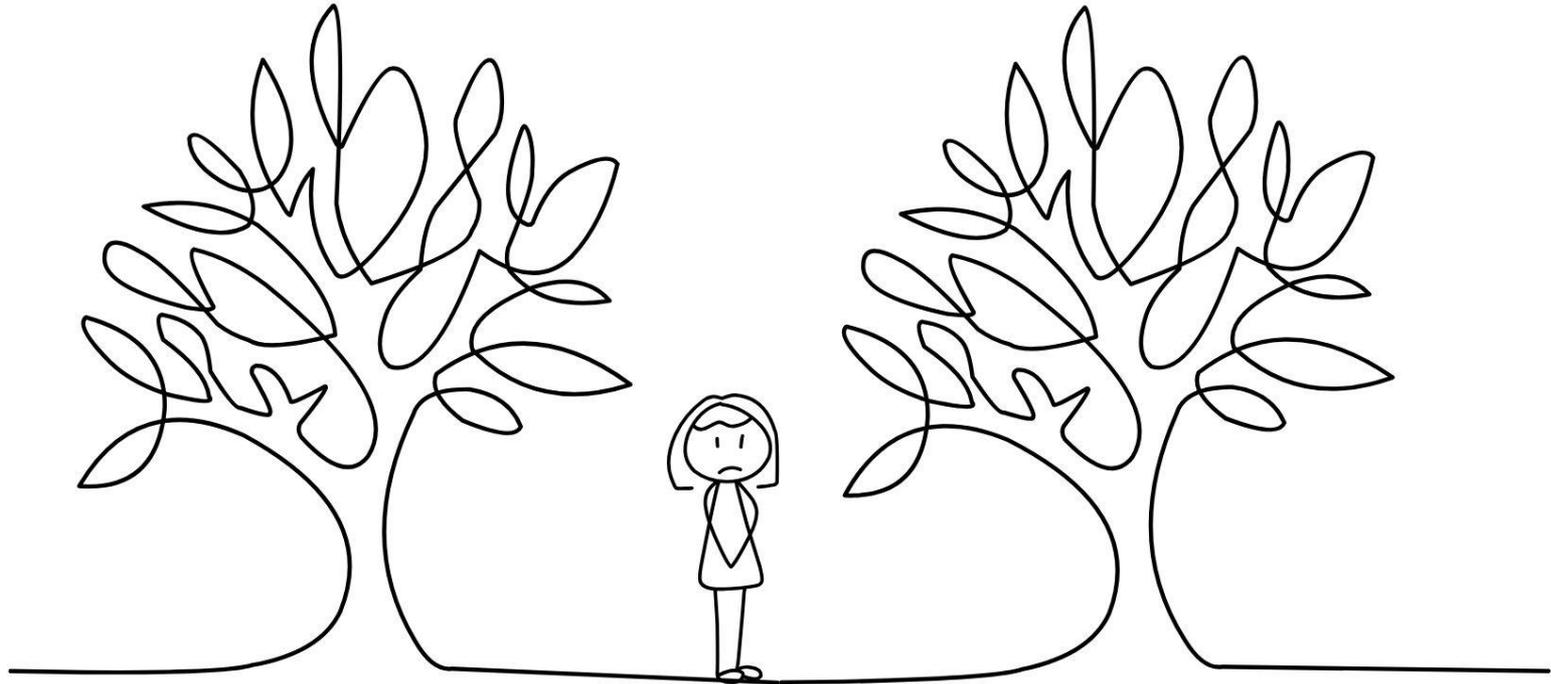


Know what
you should be
doing

Implementing
it into your
routine

Diet

Workout



Putting it All Together

The Habit Focus Framework

- Ask yourself...how will I measure success
- What does consistency look like
- What's 1 small doable step I can take
- What part of the bridge will you begin to build

Then you set off to implement your small step into your routine
(but it doesn't have to be every day)

Momentum comes from repetition, not motivation

Without the Habit Focus Framework

It's easy to feel like you failed...

You're measuring your success based on something you can't control.

It's hard to stay on track...

You get stuck in the all-or-nothing mindset.

Make many big changes

Because you think you need to go all in & do everything now.

You get stuck in the forest of always trying to find the right diet or workout program...

You don't have the bridge & support to implement it into your routine.

What is one small
thing you can do 3-5
times to build my
bridge?

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Questions?