**Creating Your New You**

**Don't compromise yourself, you are all you have got. ~ Janis Joplin**



Creating YOUR New You is a continuous journey, there really is no beginning or end.  When you reach your target weight, your new you journey does not end, it just enters a different phase, where you are more focused on healthy eating and maintaining your weight and hopefully focusing on getting fitter and stronger.

If you REALLY want to create your New You, then you need to DEFINE what that is for you.  Creating your New You is a very personal thing.  What I want for me, might not be for you.  So make sure you do not let other people define you.

**You should define YOU.  No one else.**

How much time have you spent defining YOU?  Most people are living a life that has been defined by other people and by life events from your past.  **Today is the day that you define your intentions for who you want to be in future life. By defining who you want to be, you are more likely to live into this new you!**

In today's exercise I want you to take the time to define YOUR NEW YOU....

I want you to spend some time to decide 3 words that sum up who you want to be.  YOU will be purposely choosing your character and your new you.  This is one of the most important things you will do.  Without having a clear intention of who we want to be, and how we want to live, it is so easy to just give into the daily temptations of life.  With a clear vision of who you really want to be, you will be able to take action everyday to move closer to your NEW YOU.

**DEFINE YOUR NEW YOU**

Be defining the words of who you want to be, you are more likely to inact these words and live by them.

In this first section we want to spend time defining you as a person.  What words do you WANT to describe yourself by?  Don't let other people define you, and don't think "Oh I can't be that!" You can be whatever you choose to be!

1. The words I would love to define the way **I think of myself** in my personal life ................. (list as many words as you can.)
	1. .................................
	2. .................................
	3. .................................
	4. .................................
	5. .................................
	6. .................................
	7. .................................
	8. .................................
	9. .................................
	10. .................................
	11. .................................
	12. .................................
2. Of all these words, the 3 that I am going to make my standard in creating my NEW YOU are
	1. ..................................
	2. ..................................
	3. ..................................
3. I chose each of these 3 words because
	1. ..................................
	2. ..................................
	3. ..................................

You might have listed many words:  *Bold, Adventurous, Kind, Generous, Loving, Present, Caring, Inspirational, Enthusiastic, Happy, Funny, Determined, Strong, Content, Attentive.*  Remember these are YOUR WORDS, noone elses, so choose words that YOU want to be.

Write these 3 words somewhere that you will see them, you can print off today's worksheet and stick it on your wall, write on your pocket promise that you get when you order from new you, stick it on a post it note.  These are YOUR 3 WORDS that will help you to stay strong on your journey to creating your personal new you.

**DEFINE YOUR ATTITUDE TO YOUR HEALTH & BODY**

In this next section we want to spend time defining how you treat your body and your health.  What words do you WANT to describe how you treat yourself by?  Remember these are YOUR WORDS....

1. The words I would love to define the way **I treat my health & body are** ................. (list as many words as you can.)
	1. .................................
	2. .................................
	3. .................................
	4. .................................
	5. .................................
	6. .................................
	7. .................................
	8. .................................
	9. .................................
	10. .................................
	11. .................................
	12. .................................
2. Of all these words, the 3 that I am going to make my standard in how I treat my body and health are
	1. ..................................
	2. ..................................
	3. ..................................
3. I chose each of these 3 words because
	1. ..................................
	2. ..................................
	3. ..................................

You might have listed many words:  Aware, Strong, Disciplined, Empowered, Fit, Loving, Mindful, Caring*.*  Remember these are YOUR WORDS, noone elses, so choose words that YOU want to be.

Write these 3 words somewhere that you will see them, you can print off today's worksheet and stick it on your wall, write on your pocket promise that you get when you order from new you, stick it on a post it note.  These are YOUR 3 WORDS that will help you to stay strong on your journey to creating your personal new you and how you treat your body and your health.

**DEFINE YOUR RELATIONSHIP WITH OTHERS**

In this next section we want to spend time defining how you behave you a world that is based on relationships.  If we get on well with people, life is a lot easier, and if we have less stress, then that means there is less risk of having to turn to food for comfort.  You need to be aware of how you behave with other people, so take the time to define this important area of your new you.  What words do you WANT to describe how you interact with others?  Remember these are YOUR WORDS....

1. The words I would love to define the way **I interact with others are** ................. (list as many words as you can.)
	1. .................................
	2. .................................
	3. .................................
	4. .................................
	5. .................................
	6. .................................
	7. .................................
	8. .................................
	9. .................................
	10. .................................
	11. .................................
	12. .................................
2. Of all these words, the 3 that I am going to make my standard in interacting with others are
	1. ..................................
	2. ..................................
	3. ..................................
3. I chose each of these 3 words because
	1. ..................................
	2. ..................................
	3. ..................................

You might have listed many words:  Caring, Generous, Attentive, Loving, Warm, Engaged, Inspiring, Fun, Strong, Alert, Purposeful, Encouraging, Positive, Helpful, Unique, Expressive, Bold.  Remember these are YOUR WORDS, noone elses, so choose words that YOU want to be.

Write these 3 words somewhere that you will see them, you can print off today's worksheet and stick it on your wall, write on your pocket promise that you get when you order from new you, stick it on a post it note.  These are YOUR 3 WORDS that will help you to stay strong on your journey to creating your personal new you and when you are interacting with people in a purposeful way, you will find that you have a brilliant week!

**Consciously set out this week to live out these words.**  Have a vision for who you want to be, and start today to BE THAT PERSON with every action and interaction.  When these 9 words become your reality you will find that you are living life that is true to who you want to be, and not what other people think you should be.

**I am CREATING MY NEW ME!**

**MY NEW YOU WORDS**

**1.**

**2.**

**3.**

**MY BODY WORDS**

**1.**

**2.**

**3.**

**MY RELATIONSHIPS WORDS**

**1.**

**2.**

**3.**

*Have a great week, and LIVE by YOUR WORDS! :)*