

Where are you now?

What are the top 3 challenges in your life right now and how are they impacting you? Think about how they're preventing you from having the life that you want in each of the areas of your life - health, relationships, career, money etc

Challenge One:

I feel like shit. I'm always tired, I can't lose weight, I rely on coffee to get through the day, my PMT is out of control, I bloat so much I look pregnant, I can't think clearly, it takes me twice as long to do things, I never get a good night's sleep.

How is this impacting me? Everything feels so much harder, I have to work more so I can get everything done, I feel very selfconscious about the way I look and constantly worry about what people think, I get irritable easily and my moods are up and down, I have less confidence than I used to, Steve and I rarely have sex because I have no sex drive and I don't like him to see me naked, I sometimes drop the ball at work, I have no energy to do anything or see anyone outside of work.

Challenge Two:

I constantly worry about the future:

- if I'll get sick, or Steve or my family
- if I'll get to where I want to be with my job
- if we'll have enough money to afford the lifestyle we want
- if Steve will fall out of love with me or get so sick of my shit he leaves me
- if we'll have kids or not
- if the choices I'm making now are the right ones for the future

How is this impacting me? I'm constantly stressed and anxious, I can't ever switch my brain off, I think about every possible scenario that could happen, it exhausts me, I put a lot of pressure on myself to succeed and work my arse off to try and ensure we're set up for the future, I have hardly any quality time with Steve, and no time for myself or to give my friends the attention they deserve.

Challenge Three:

I don't know what the point of all this is. I've worked my arse off for years to get to where I am, and I thought when I got here I'd be happy - but I'm not. In fact, I've never felt more unsatisfied. I feel like I have no idea what I really want out of life any more - I have no direction, no purpose. I'm completely lost and stuck, and have no idea how to get out of it.

How is this impacting me? I feel hopeless, anxious and annoyed. I feel like I don't have control and at any moment everything could come tumbling down around me. It makes me unsociable and feel like I just want to hide from the world. It strips me of my confidence because I feel like there's not a lot of point to my life, it makes me embarrassed to speak with my parents as I don't want to let them down or seem ungrateful for all the help and support they've given me to get to this point, it also makes me feel like I'm letting Steve down and I'm compromising our future because I don't know what I'm doing.

What will happen if you don't do anything about these challenges? How will they continue to impact your life and what will the ultimate impact be?

Get real and dig deep for this one - you may end up in a pretty sad place, but it's a very real place if you don't take action so it's very important for you to be aware of the consequences

E.g. If I continue to work long hours I will put on more weight, my health will decline, I could end up with a serious illness and even die early. If I've put on more weight I will have less confidence and less energy, so this will effect my work - I will be less proactive and miss opportunities, which will mean I won't have the money I need/want. This will all put a lot more pressure on my relationship and could ultimately cause it to break down, therefore ultimately I will be very unhappy and unfulfilled.

If this continues, my marriage will probably break down, I'll get seriously ill, and possibly even die early I'll get fatter, I won't get to where I want to at work, so my financial plans will suffer and I won't be able to afford the lifestyle I want, I'll have alienated all my friends so I'll be lonely and generally just totally miserable.

In short, I'll be fat, sick, lonely and miserable

Now let's flip things

I want you to imagine you have a magic wand and when you wave it everything can be exactly how you want it to be.

Write in as much detail as possible below what that ideal image of your future looks like - remember to include all the areas of your life again.

I bounce out of bed in the morning and have consistent energy throughout the day.

I'm fit, 65kgs and able to wear all the amazing clothes in my wardrobe.

I have more control over my time and therefore have more time to do what I want to do and spend quality time with Steve, my family and my friends.

I travel and explore new places on weekends away and overseas trips.

Steve and I have regular sex and our relationship is strong.

We live in a nice house by the ocean.

I have been successful in my career and now have an advisory position.

So now that you know where you're currently at and where you want to be, are you ready to close that gap and start living more?

Before we do that I want you to think about one more thing...

What barriers will get in the way of you doing what you need to do, to live the life you want ?

Document below each of the barriers that might hold you back and what you can do to prevent them. I've put an example in to get you started

Barrier

E.g. I don't have enough time

Preventative Action

Carve out non-negotiable time in my schedule each week to dedicate to working on my Uppyness and moving my life forward. Remind myself that by spending a little time now it will save me an abundance of time in the future. Talk with my loved ones and let them know about the journey I'm embarking on - ask them to help and support me so I can allow myself the time to do this.

This example works well for me as I'm definitely concerned about not having enough time. In addition, I guess this work with Ellie is preventative action

Barrier

Preventative Action

I'm nervous I won't get the results and I'll give up like I did with my diets and bootcamp

Commit to everything in Ellie's program 100% (she said if I do I'll definitely get results)

Keep using my journal so I have an outlet for my thoughts and a way to reflect and I earn more

Be honest with myself and call myself out when I'm using an excuse

The precedence I've set at work in terms of doing big hours and delivering no matter what

Delegate and use my team more effectively

Speak to Gary about possible extra resources and/or team members

Commit to this program 100%, which I guess will help me to get more balance