

**BONUS
DOWNLOAD**



NEW HABIT *TRACKER*

Your Path to a
Better You!

WITH WENDY NICHOLSON

New Habit Tracker



Tips and strategies...

Here is an excerpt from my first book. Hopefully this helps you see that progress takes time but its SO worth it.

When will I see results?

If your goal is weight loss and you could lose 1 lb per week, would you be happy with that result? That equals 52 lbs in a year.

Remember, we don't put on all our weight in a short time and so it takes a while to take it off permanently.

I am realizing that the only way to make it permanent is to deal with the root cause of why we have excess fat in the first place.

If we have a 3-month, 6-month, or 12-month goal, or even a 2-year goal, then we can plan our weight loss success story **AHEAD OF TIME!**

It's like working backwards (I do like to reverse engineer things!).

Back in the beginning of 2021, I imagined 8 months down the road. What size did I want to be wearing in 8 months once I had reached my goal weight?

Since it had taken me years to gain the 80 lbs (I was obese for 7 years total) I couldn't expect to lose those 80 lbs overnight...AND keep them off.

Ultimately, I had to change the behaviours and habits that made me gain the 80 lbs in the first place.

Of course, I needed to change my thinking, routines, habits, and increase my knowledge of why I had so much difficulty in the past.

CONTINUES ON NEXT PAGE 

New Habit Tracker

Continued...

When thinking about this whole weight loss process, the following list helped with staying on track:

- Remember I was worthy
- Tiny daily steps add up to big results
- Deciding what I really wanted
- I was not too old to reinvent myself

The ebb and flow of life shows us that when we catch a glimpse of what possibilities exist, we want to become a better human.

Our mind controls our behaviour and our behaviour creates our experiences.

In reading what I have experienced and the success I have had, hopefully you can see how I have been able to move forward, move on, think differently and in doing so, change my future.

That is the end of that section from my book.

KEEP Going and you will reach your goals!
I'm cheering you on...

Wendy

See EXAMPLE on page 4. Then print off the following page to keep track of your new habits and put it on your wall as a visual reminder.

 **To print in colour, select page 5**

 **To print in grayscale, select page 6**

EXAMPLE

New Habit Tracker

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<u>Drinking 7 cups of water</u>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
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