

The 1-Hour Goddess Lifestyle Restructuring Checklist

In this checklist you will find:

1. How to Stay Motivated
2. Setting Goals
3. Getting the Environment Right
4. Keeping Track of Progress
5. Planning When to Do the Workout
6. The First Week

1. How to Stay Motivated

The very first step of restructuring your life is to find the motivation, the reason for what you are doing. Defining your reason can be challenging, but is absolutely vital for staying on track. If you know *why* you are making a change, you will be much more likely to stay motivated.

Examples of *why* could be: *because I want to feel more confident, because I want to be happy about looking in the mirror every morning or because I want to look and feel amazing in this (wedding) dress.* The more reasons you find for yourself, the more motivated you'll feel.

Do a short exercise: Put on some meditation music for 10 minutes, then sit down and visualize the day you have reached your goal. Think about this day. What do you do? How do you feel? It sounds strange, but this little exercise can be very powerful.

Whenever you feel off track, return to this document and do another visualization.

My Reason:



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2. Goals

Setting specific goals will make sure you keep your eyes on the prize. Break them down into milestones and it will be easier to see your progress – then make sure to reward yourself when your goals are reached (could be buying a new shirt or going to an event).

Examples of goals could be: *lose 10 inches* or *decrease body fat % by 3%*. Milestone #1 could be *losing 2 inches in 2 weeks*, or *decreasing body fat % by 0.5% in 2 weeks*.

My Primary Goal:

Break goals into small milestones and write dates by when you want to reach them:

#1: _____ by _____ (date)

#2: _____ by _____

#3: _____ by _____

#4: _____ by _____

#5: _____ by _____

3. Getting the Right Environment

Having the right external environment is crucial to get started and to stay on track. Your environment is everything from your home, workplace and the people around you.

Friends are part of your environment - so find a friend to update frequently on your progress. Also, clean your kitchen for all sugar and processed foods (and give it to a neighbor you don't like), and do anything else in your external environment that you may need to do – such as speak to husband/boyfriend, close friends etc.

The table on the next page contains some of the factors of a supportive environment as well as how much time it will take you to complete (suggested). Add more as you like, and tick off the “done” when you're there.



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Done	Time	Action
	10 min	Friend to update: _____
	30 min	Clean the kitchen of sugar & processed foods
	10 min	Give the bad stuff to your least favorite neighbor ;)
	5 min	Join the Girls, Go Lift! Facebook group www.facebook.com/groups/girlsgolift

4. Keeping Track of Progress

Taking measurements of your total inches as well as before pictures will help you see the difference as you move on.

Track your progress in the table below.

Place	Now	MS #1	MS #2	MS #3	MS #4	MS #5
Upper arms						
Waist						
Hip						
Thighs						
Total						



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Done	Time	Action
	10 min	Take before pictures (front, side, back)
	10 min	Decide where to track your progress (diary, word file or anything else)

5. Planning when to do the workout

Make sure you know when to do your workouts. If your schedule is flexible, decide at the beginning of each week when you will do your workouts. Example: *Workout 1 on Mondays, 7AM* and *Workout 2 on Thursday, 7AM*. Make sure you plan the time realistically so you avoid excuses that will “allow you” to skip the workouts.

My workouts:

Workout 1: _____ day at _____ AM/PM

Workout 2: _____ day at _____ AM/PM

6. The First Week

The following is a checklist containing the things you need to do for the first week. I’ve added a few extra rows for you to fill in if you have more practical things you’d like to do during the first week.

For the following weeks, you can rely on the work you have done in the first week. For instance, you can save your shopping list so you can use it again next week with a few modifications. Also it’s important to take the time to find your starting weight for all the exercises.

On the next page check when you have done the tasks. If you have more things you would like to do, add them to the table.



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Done	Time	Action
	1 hour	Make food plan for the week (see the Dynamic Paleo Nutrition Plan)
	30 min	Make shopping list
	30 min	Find out if supermarket in the city/town has delivery service If yes: order food, if no: decide when to go shopping
	15 min	Workout 1: Find my starting weight for all exercises
	15 min	Workout 2: Find my starting weight for all exercises
	5 min	Take my first meal photo & send to friend
	25 min	Do the first workout