

“Five Steps to Getting Back on Track”

By Coach Bre



Have you ever set a goal, started working on it, but somehow got off track? You missed one workout, then another one....you look up and it's been a month since you've been to the gym! What happened?

Sometimes, life get in the way of the plans we've made. For example, during the COVID-19 pandemic, many families found themselves having to be more hands-on with their children's education via e-learning. Not only were the parents working from home, so were the kids! The situation could not be avoided, and it may have caused the plans that Mom or Dad made to maintain a regular workout routine to be missed.

Or, what about the person who just loses motivation for a time? Mentally or emotionally, he or she may get distracted with other things in life, and the thing that were a priority get pushed to the back burner.

Here are four steps that have helped me get back on track!

1. Assess where you are

Where did you leave things? What else needs to be accomplished to achieve your goals? The good news is that you've done something toward your vision, but now you must be gauge what you've completed and what is left to do. It will give you a clear picture to determine your next steps.

All is not lost! We can pick up where we left off!

2. Remember your why

What was your reason or motivation for setting out on this journey in the first place? Was your reason for losing weight to become healthier for your family, or was it because you want to feel better about yourself? Ask yourself these questions:

- What is my goal?
- Why do I want to achieve it?
- What about the outcome makes me desire it?

Your goal should be big enough to keep you motivated to keep persevere, even during the tough times. Reminding yourself of the reasons you set this goal in the first place will help you get back on track.

3. Forgive yourself

After you've reminded yourself of your why, it's time to let go of the past mistakes you made. In your quest to eat healthy to improve your health, you may have been tempted one day to eat the entire bag of potato chips (you were mindlessly eating and the next thing you knew, the bag was almost empty!) Forgive yourself of that misstep. Don't tell yourself..."well, since I ate the chips, I may as well have ice cream too...the damage is already done!"

In an article about forgiving oneself, Healthline notes a few steps:

- Acknowledge the mistake out loud
- Think of each mistake as a learning experience
- Show kindness and compassion

(the full list can be found at <https://www.healthline.com/health/how-to-forgive-yourself>)

Instead of giving in to more temptation or beating yourself up about your mistake, resolve to do better at the next meal. Have less calories or skip the snack you'd planned to have later on. Beating yourself up will only sabotage you mentally and emotionally, and will not help pick yourself back up so you can get back on track. Forgive yourself and move on.

4. Revise your action plan

Take a look at the action plan you originally developed to achieve your goal. Check off the things that have been completed! Yay...those are small victories!

Now that you know what is outstanding, it's time to develop a new plan. What can you accomplish this week? In 30 days, in 60 days or in 90 days? Each week should contain action steps that will move you toward your goals. Put target completion dates by each action and work toward those dates.

It's important that we keep our plan in front of us always, so we can do know what we need to do by when. Don't just keep it on your computer. Print it and keep it at your desk. Put a big checkmark next to the things you've completed (choose a brightly colored pen so you can more easily see your accomplishments). Review your list DAILY.

5. Find an accountability partner

Think back to when you were in school. What made you complete your homework on time? Was it the fact that the teacher would not accept the excuse of the dog eating it? 😊 Having someone to hold you accountable can help you stay motivated and on track to achieving your goals.

Goalcast defines accountability as “having both the ability and the willingness to give an honest account of your thoughts, feelings, and behavior to someone else.” The person you choose to partner with you should be

- someone you trust
- someone who will be honest with you (and not just tell you what you want to hear)
- someone who wants to see you succeed as much as you want to

Once you've selected an accountability partner, share you plans with them and agree with on how often you will check in to share your progress. Honesty is key in an accountability relationship; your partner is not there to beat you up if you miss an action step, but his or her role is to keep you on track in a supportive way. Choose this person wisely.

I hope these steps will help you recover after you've gotten off-track from your goals. We are human; we make mistakes. The key is rebounding from your mistakes so you can continue to move forward in achieving your goals. All the best!

Coach Bre



References

Accountability Partner: <https://www.goalcast.com/2019/05/03/what-is-an-accountability-partner-how-to-choose-yours/>

Forgive Yourself: <https://www.healthline.com/health/how-to-forgive-yourself>