

superlife

dealing with obstacles''

EXPECTING & PLANNING AROUND PREDICTABLE OBSTACLES:

- List all the situations, people, thoughts or emotions that are likely to cause you difficulties. Think of anything, that is, that might derail your positive progress with SuperFastDiet and your positive progress towards living your Super Life.
- Now for each of these situations, people, thoughts or emotions, write down one or more potential solutions; things you can do about them, if and when they do happen.

Remember, there will be some things that you can't control, such as other people, the weather and so on, so some of these problems and challenges will be beyond your control, and therefore, unpredictable. Try to focus on the ones you can control.