



superlife: where to from here™

This week's activity sheet will guide you through how to ensure you maintain all the gains (and losses) you've made throughout the SuperFastDiet program, and make sure you keep living a Super Life!

IF YOU WANT TO BECOME A TRUE MASTER FASTER, THEN YOU NEED TO KEEP ON KEEPING ON; AND YOU CAN DO THIS BY REGULARLY SETTING ASIDE TIME FOR THE FOLLOWING THREE R'S:

1. REVIEW

Review your progress and your program regularly. Set aside time every week, month and quarter and check in with yourself and ensure you're on track. Look out for warning signs and touch base with your buddies and support team. Depending on your 'findings', take any action you need.

SOME HANDY QUESTIONS: AM I LIVING THE LIFE I WANT TO BE LIVING? HAS MY 'BIG WHY' CHANGED? ARE MY GOALS THE SAME AS THEY WERE? AM I ON TRACK TO ACHIEVING THEM? AM I SLIPPING BACK INTO ANY OLD HABITS? HOW CAN I MAKE THE BEST USE OF MY SUPPORT TEAM AND FAST FRIENDS?

2. REVISE

Following on from your regular reviews you'll undoubtedly find, from time to time, that you need to revise your program. That's fine; it's a normal and useful part of positive progress. So, where and when necessary, make changes to ensure your Super Life stays super!

SOME HANDY QUESTIONS: WHAT ARE SOME WAYS I COULD CHANGE UP MY ROUTINE TO KEEP THINGS INTERESTING? AM I STILL MAKING PROGRESS? IF NOT, WHAT ARE SOME WAYS THAT I COULD REWARD MYSELF TO ENCOURAGE FUTURE PROGRESS?

3. REFRESH

And finally, ensure you keep yourself and your program fresh and interesting and relevant and fun. This can be achieved by changing things as often as you need to and/or by introducing new and different elements in to your program as you discover or learn about them.

SOME HANDY QUESTIONS: WHAT ARE SOME WAYS THAT I COULD MAKE MY PROGRAM MORE FUN? WOULD A BUDDY HELP? WHAT ABOUT A DIFFERENT METHOD? ARE THERE ANY NEW ELEMENTS I COULD INTRODUCE TO KEEP THINGS FRESH? IS IT TIME FOR NEW GOALS? HOW CAN I MAKE THIS MORE CHALLENGING AND ENJOYABLE?