

## 4 important points or keeping your SHT straight:

### 1. think about what you want. daily.

how do you want to look?

how do you want to feel?

how do you want to be seen?

how do you want to handle your important decisions?

write out a description of your highest and best self, including someone that makes optimal decisions in challenging situations :)

### 2. use tomorrow for today.

- 1) notice the urge, craving, or decision moment.
- 2) pause. be present with it.
- 3) think about how you know you're going to feel if you make a suboptimal choice.
- 4) think about how you will feel after making the right decision.  
think about how you'll feel when crawling into bed.  
think about how you'll feel when you wake up in the morning.

### 3. stick to your routine.

no matter what or where, stick to the things that make you feel good!

- wake up around the same time.
- continue with your morning walk, meditation, devotion, or quiet time.
- get sweaty most days. if traveling, find a gym, use HOME WOD, or our "travel WODs."
- fast for the first part of the day.
- get your first meal right.
- get to bed on time.

### 4. get some accountability.

- SHT Diligence Tracker.
- accountability partner(s).

if when, then  
**WHAT**

name \_\_\_\_\_ date \_\_\_\_\_

IF

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THEN

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## **example if then statements.**

if I have a craving or urge, if I am presented with a situation,

- I notice the urge, craving, or decision moment. I celebrate in noticing.
- I give it a natural pause. I choose to be present with it.
- I think about how I know I will feel if I make a suboptimal choice.
- I think about how I will feel after making the optimal choice. I think about how I will feel when crawling into bed after making the optimal choice. I think about how I will feel when I wake up in the morning after making the optimal choice.
- I do something else that is good for me.

if I see something in the store I know won't serve me,

- I pause, think about how it will make me feel, and think about how I want to feel instead.
- I see myself crawling into bed after a day of making good decisions, happy.
- I choose to buy something that is nutrient-dense and supportive of health.

if I see something at home that I am tempted with that I know won't serve me,

- I pause, think about how it will make me feel, and think about how I want to feel instead.
- I see myself crawling into bed after making good choices, and how good it will feel to wake up the next morning.
- I drink water, go for a walk, make some tea, or eat something that's nutrient-dense.

if I go out to eat, whether at a fast food place or a restaurant,

- I pause. I think about what is the most optimal thing to choose to support my health and goals.
- I choose the meats and produce. I make the best decision possible in any situation.

## **my personal if then statements.**

if it gets to be early afternoon and the craving for a drink hits

- I give it a natural pause. I choose to be present with it.
- I think about how it will make me feel, and think about how I want to feel instead.
- I see myself crawling into bed after a day of making good decisions, happy.
- I see myself waking up the next morning feeling amazing.
- I drink some water or make some tea.

if I'm having dinner and I have the urge to have extra carbs:

- I give it a natural pause. I choose to be present with it.
- I think about how it will make me feel, and think about how I want to feel instead.
- I see myself crawling into bed after a day of making good decisions, happy.
- I see myself waking up the next morning feeling amazing, tight, lean, and mean.
- I go for a walk, or make some tea, or have some more meat :)