

## Notice The Benefits

As you go through the next few weeks of the plan, one of the best ways you can keep yourself motivated is by reminding yourself of all the benefits your noticing as a result of your new healthier lifestyle.

Here is an example of a message one bride sent me recently about here experience...

Oh and I realised something **Matt** , I usually suffer with anxiety and since starting this plan and eating much better I realised last night that my anxiety has hardly shown its head recently and think that's down to just a healthier attitude to food.

This was sent to me through the Facebook group by a bride I worked with not so long ago called Wendy, who is now part of my 'Follow-On' program.

Changing your lifestyle is about way more than losing weight and toning up. You may also notice that you....

- Have more energy
- Are feeling more confident
- Have much better hair, skin & nails
- Don't suffer with mild conditions any more (e.g. acid reflux)
- Sleep better
- Have better focus at work
- Are generally happier and in a better mood

All these things add up and reinforce the fact that what you are doing is massively positive and moving you in the right direction. That's why it is so important to remind yourself of these things.

Because even if you never lost a single pound on the plan...I bet you would love to feel happier, healthier, more energetic and confident – wouldn't you?