



# *Raising Your Standards*

August 2022



## Standards:

*"A level of quality or attainment"*



## Are your standards propelling you forward, or holding you back?

Weight standards - "I always weigh around xx kg"

Relationship standards - how you expect to be treated

Money standards - "I am always broke" or "We're only just getting by"

Health standards - how you define your general state of well-being

*Our standards are based on what has happened in the past*



To achieve your goals, you must raise your standards.

You don't get what you want, you get what you expect and what you tolerate.





# *What Are You Tolerating?*



What annoys you?  
What drains you?  
What frustrates you?  
What are you putting up with?  
What do you wish was different?



# *What Are You Tolerating?*



- Excess kilograms
- Aches & pains
- Self pity
- Negative self talk
- Over-eating / over-drinking
- Letting yourself down
- Lack of discipline



## *Look at Your Appearance*

*Often the first place to show where standards have dropped*

Bags under eyes

Dull skin

Lank or uncut hair

Sloppy clothes

Drawn or stressed





# *What Do You Expect?*



To fail?  
To not lose weight?  
To disappoint?  
To over-indulge?  
To be stuck?  
To be confused?



*Often we look outside ourselves and expect other people or circumstances to change, but we must start with changing ourselves*



## What standards does your future self have?

Thoughts / Feelings / Actions

You must practice living with these new standards today



## *Choose One New Standard*

### Examples

I will stop snacking while watching TV

I will commit to exercise 3x per week

I will stop negative self-talk

I will reduce overwhelm by delegating tasks

I will stick to only one alcohol night per week





## *This New Standard Will*

Shift your energy

Require that you show up differently

Give you confidence in yourself

Allow you to practice being your future self





*Use this same template and apply it to a different standard*



# *Goal - I Will Lose Weight and Keep it Off*



Your new standard is to practice being someone who doesn't overeat



# Obstacles

Old thoughts will pop up

"Nothing ever works for me"

I've never been under xx kg"

"I love food too much"

"I don't have enough willpower"

"Being overweight runs in my family"





## *Have a Plan*

Old thoughts are just....thoughts

Emotions stem from thoughts

Actions stem from emotions

So change your thoughts!





# Have a Plan

New thoughts:

"I eat mindfully"

"I lose weight effortlessly"

"I uphold my promises to myself"

"I've got this"

"Bring it on!"





# *Personal Manifesto*



A public declaration of  
your intentions / motives /  
views / opinions

Speak your manifesto with  
intention



# *Personal Manifesto*



*"I am a person who..."*



# Workbook