

The Plan

Harrogate

Getting Started



I have felt stressed out, overwhelmed, battling anxiety and burnout, a never-ending list of chores, constantly go-go-go and do-do-do. I've felt unhappy with my body, and out of control of the situation.

Does this sound familiar?

'New goals don't deliver new results. New lifestyles do.

And a lifestyle is a process, not an outcome.

For this reason, all of your energy should go into building better habits, not chasing better results.'

-James Clear

Let's start

Most people fail to reach their goals by setting out too hard and too fast.

Let's break down your goals...

1. What is the one most important thing you want to achieve?
2. What are the main steps and processes in order to achieve that?
3. Pick one of those steps.
4. Break it down further into smaller actions.
5. Pick one of those smaller actions.
Can you fit it into two minutes?
Start there.

1. I want to lose weight and feel better

5. Fill up half of my plate with vegetables before I add anything else

Step-by-step

4. Add more vegetables and fruit

2. To achieve my goal I need to:

- Improve my nutrition
- Do more exercise
- Manage my stress better
- Get 7-9 hours sleep

3. Focus on ADDING not removing from your life

To improve my nutrition I need to:

- Add more vegetables and fruit
- Eat more whole foods
- Follow hand sized portions
- Drink more water
- Eat more slowly
- Eat to 80% full
- Eat less processed foods

You are more than just a mind or a body

Relational

I am connected to others.
I am support and am supported.

Emotional

I feel and can process a full range of emotions. I feel mostly calm and positive.

Physical

I feel healthy, energized and thriving. I feel as good as my body was designed to feel.

Deep Health

The elements of deep health are all intertwined.
Working on one area can profoundly influence the others.

Existential

I feel fulfilled and like I have a purpose in life.

Environmental

What surrounds me helps me achieve my goals and contributes to my wellbeing.

Mental

I feel alert, focused, capable and confident. I learn, remember and can problem-solve.



- 10 squats
- Drink a glass of water as soon as you get up
- Write two sentences about how you are feeling today
- 2 minutes breathing
- Phone or send a quick message to a loved one
- 2 minutes meditation
- 1 sun salutation
- Put on your running trainers
- Add one more portion of vegetables to your plate
- Put down your cutlery in between bites
- 10 press ups
- Open the curtains
- Put the snacks in a hard to reach place
- Put your phone on airplane mode
- Step outside
- Reach out to a professional
- Interrupt any self-criticism
- 2 minutes reading
- Climb the stairs five times
- 2 minutes stretching
- Make your bed
- 1 smile
- 2 minutes visualisation
- 2 minutes dancing or singing
- Dim the lights an hour before bed
- Stop drinking caffeine 12-14 hours before bed
- 2 minutes self massage

The idea of the 2 minute action is that it doesn't matter what you think you should be doing if you are still sat there doing nothing.

The art of creating change in your life is to master showing up.

Show up, and everything else happens from there.

Examples of 2 minute actions that add to your deep health...

Showing Up



Staying on track...

Track your progress over 30 days

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

Support

- **Don't miss twice.** If you go off track, then the very next opportunity, go back to the actions that support your goals. If you were to puncture your car tyre, you wouldn't slash the rest of your tyres! It's not all or nothing. Every bit counts.
- **Don't do it alone** - find an accountability partner or hire a coach.
- Make the actions you want to do easy and obvious.
- Make the actions you don't want to do harder and requiring effort.
- Be kind to yourself - it's a journey. You are not going to get it right straight away. Learn and adapt as you go along to best suit you.
- Find people or groups with similar interests or goals.



Hi I'm Caroline

I created The Plan - wellness and personal development coaching and a community of change-makers and growth-seekers. I coach deep health which includes fitness, nutrition, skills, identity, habits and mindset. We're coaching with a difference - you are more than just fitness, yoga or nutrition. We want to help you change your whole life.

I am a personal trainer, nutrition coach, and a 200 hour certified yoga teacher. I am a highly experienced educator and motivator and I excel at encouraging growth mindset; the belief that you can do it.

At The Plan, we care for all of you. Every single messy bit of you. You don't have to be flexible, strong, or know what you're doing. You can have a jumbled mind and a heavy heart.

Show up as you are, and together we'll create the rest.





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Where to find us