

BUST

your excuses

action guide

DAY 1

Being cooped up at home ... high stress and anxiety ... adapting to new realities with the coronavirus ... let's just take a step back and realize that we have a lot on our shoulders right now! While many of us reach for food for comfort, we also tend to stop taking care of ourselves in other ways too. Many of the things we're telling ourselves are "excuses". **The first step is to identify them.** No judgement ... no blame .. just hit the pause button and be honest with yourself. Then we're going to turn these around and bust through them!

Really think about why you can't eat healthier, exercise, etc. right now. Give me your best 5 excuses.

I can't EAT HEALTHIER OR TAKE CARE OF MYSELF right now because...

1. _____
2. _____
3. _____
4. _____
5. _____

Now, step into your power and bust those specific excuses. Give me your top 5 reasons why you CAN bring healthy habits back into your life... right now!

I can EAT HEALTHIER and TAKE CARE OF MYSELF right now because...

1. _____
2. _____
3. _____
4. _____
5. _____

Describe how it feels to bust your excuses in 1 word: _____

DAY 1 - ACTION STEPS

To get the most out of this [Connect to Conquer Challenge](#) so that you can finally lose weight and keep it off for good, be sure to:

1. COMPLETE THIS ACTION GUIDE.

Go ahead and start listing your excuses above. Then be sure to bring it to the training.

2. POST YOUR "CAN'T EXCUSES" AND YOUR "CAN REASONS" UNDER TODAY'S GRAPHIC.



It would have been very easy (and justifiable) for me to say I can't lose weight after my cancer treatments ruined my metabolism. And let's be honest, I went there for awhile.

But when I focused on all the reasons why weight loss was still possible, magic happened. I want to hear your magic reframing too. I want to see how you reframe those excuses into very empowering reasons why you CAN. See? You're getting in a Connect to Conquer mindset already!

You will find today's graphic inside our [Kelly's Healthy Weight Loss Challenge Facebook Group](#).

3. JOIN ME ON FB LIVE AT 6:30 pm CST/4:30 pm PST/7:30 pm EST (OR CATCH THE REPLAY).



Today I'll help you bust through old excuses so that you can finally lose weight and keep it off for good. Join me at **6:30 pm CST/4:30 pm PST/5:30 pm MST/ 7:30 pm EST** inside [Kelly's Healthy Weight Loss Challenge Facebook Group](#).

4. Print and Track Your Progress Using the Connect to Conquer Scorecard.

I love using prizes as a way to motivate you to take action. So I created a scorecard for you to track your progress. Print it out and give yourself some love as you check off each task you complete. This is what we call celebrating those 1% wins which help you create healthy habits that eventually turn into non-negotiables!

CONNECT TO CONQUER CHALLENGE-SCORECARD

DAY
1

BUST
your excuses



- Register for the FREE [Masterclass](#)
- Complete the Action Guide
- [Watch](#) the 6:30 CST FB Live (or replay)
- Engage in the [FB Group](#)

DAY
2

PREDICT
self sabotage



- Complete Action Guide
- [Watch](#) the 6:30 CST FB Live (or replay)
- Engage in the [FB Group](#)

DAY
3

BREAK
up to make up



- Complete Action Guide
- [Watch](#) the 6:30 CST FB Live (or replay)
- Engage in the [FB Group](#)

DAY
4

NOTICE
your hunger



- Complete Action Guide
- [Watch](#) the 6:30 CST FB Live or replay
- Engage in the [FB Group](#)

DAY
5

STOP
the madness



- Attend the FREE [Masterclass](#)
- Complete the Masterclass Action Guide
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CLICK HERE-Register for the Masterclass