

Elimination Experience:

Small Wins Create Big Victory

katyursta.com

♥ MY CELEBRATORY PLAN

1. When I _____ then I will _____.
2. When I _____ then I will _____.
3. When I _____ then I will _____.
4. When I _____ then I will _____.
5. When I _____ then I will _____.

Nonscale Victories

Pants are loose.
Increase in energy.
Increase weight in workout.
Inches dropped.
Regulated sleep patterns
Healthier relationship with food
Enjoying the workout
Feeling healthier
Compliments from others
Change in complexion
Emotional contentment
Increased confidence
Increased workout endurance
Craving healthy food
Loose wedding bands



@onefitfighter

The Elimination Experience

Remove anxiety.
Remove toxic energy.
Remove the foods that drain you.
Remove the BS excuses.
Remove all of your "I can't."
Remove the addiction to the sugar.
Remove all of your self doubt.
Remove all of your "hold you back habits".

...And watch as all the reasons you think you can't succeed turn into the fuel that changes your health, your mindset, and your fitness.

♥ JOURNEY WINS

- Commit to the journey
- Complete your before measurements and pictures
- You experience your first wardrobe malfunction
- You follow your weekly meal plan 100%
- You don't miss a scheduled workout
- You drink you suggested daily water intake
- You receive your first progress compliment
- You've overcome a plateau
- You've dropped a jean size
- You notice a change on camera
- You notice an increase in energy
- You realize you're actually doing it for you

Reading Suggestions

Made to Crave by Lysa Terkeurst
The Body Fat Solution by Tom Venuto
Finish by Jon Acuff

This experience matters to me because:

BE PATIENT WITH OURSELF AS YOU EVOLVE. SMALL, HEALTHY CHOICES MAKE A BIG DIFFERENCE IN THE LONG HAUL.