

# STICK TO YOUR PLANS

Turn your off days around by using these strategic psychological Post-its

■ Red is associated with aggression, so psych yourself up with these motivational messages

■ Blue has a calming effect. Reflect and consider all of your goals when reading these

## AT HOME

### You're worthless!

"Anger can mobilise you to improve yourself or the world," says professor of psychology Dr Howard Kassinove. Think of last time you experienced severe injustice and channel those emotions into working harder. Now drop and do 40 press-ups, maggot.

Stick this: on your bedroom door

### Know thyself

Sum up your character in three words. "Once you realise you are the author of your life's script, it can be very empowering," says Bradley Busch, motivation specialist from mental skills training company InnerDrive. Think positive, think powerful... and go for a run.

Stick this: on your bathroom mirror

### I'm not a quitter, I'm getting fitter

"Rhymes like this are great because when you're feeling lethargic or tempted to indulge, you want positive thoughts to pop into your head to keep you focused," says motivation coach Martin Hall.

Stick this: to your fridge

## IN WORK

### Why am I doing this?

Asking yourself why you have set yourself the tasks you're aiming for is a powerful motivation tool, says Busch. Think: "Why am I going to the gym?" You'll respond by visualising your end goal, with the result that you'll push yourself harder. Think about how you want to *feel*.

Stick this: in your diary

### Today is an opportunity to achieve...

Talk to yourself to achieve your goals. Use phrases like: *Today I want to... At work I'm capable of... In the gym I will... During this set I'll lift...* "This will spur you on, progressing you from 'I want' to 'I am doing'," says sport psychologist Rhonda Cohen.

Stick this: to your work desk

### What is my end goal?

"Fight off cravings for things that are bad for you by focusing on what number you're working towards," says dietitian and eating disorder expert Jennifer Low. And it doesn't matter whether it's losing 2in from your waist, or gaining 2in on your arms.

Stick this: to your computer screen

## THE GYM

### This will NOT beat me!

"Inside your psyche, you have a warrior," says Hall. "It's part of your fight or flight response, and can be engaged when you push yourself. Repeating this statement will help you access this aggression, and use it to your advantage." Handy for pushing out that final rep.

Stick this: to your water bottle

### How will I feel if I stop?

This question forces you to consider the negative emotions you'll experience if you quit, says Busch. Valuable motivation if you're hitting your threshold on the treadmill or near failure on the Smith machine.

Stick this: to your iPod

### Man up!

You're only human. "If you veer off track and miss a target, don't beat yourself up about it," says Cohen. "Instead, learn to accept failures as lessons. Focus on what this slip-up has taught you, and remember it next time." Learn from your mistakes and move on – there's work to be done... **MH**

Stick this: to your wash bag

CUT OUT EACH SQUARE AND STICK IT IN THE RELEVANT PLACE

WORDS: BRITTANY KENNEDY