

Getting Back on Track: *Maggie Olivia Fitness workbook*

for recentering thoughts and reinstating an action plan for the future

Created by: Maggie O'Neill

Name:

Date:

Introduction

I've put this workbook together to help you navigate the harsh realities of your health and fitness journey; it is not a linear one. Mindsets change, motivations change, lifestyles change. How anyone expects a fitness journey to be the only constant in a world of change is beyond me.

Outlined below are several exercises that I've put together to help you create a tangible, step by step framework that will aid in recentering your motivations, aligning your behaviours and goals with one another, and instilling the passion that you have for your health and growth.

To rely on motivation is to be unrealistic. This journey requires constant care and upkeep to be maintained, and through this exercise my hope is that you know exactly what to do when you feel like you don't have any answers.

SECTION 1: Time to Check In

1.1 Audit of your current state

Individuals can usually point out when *something* is wrong, but what they often miss is doing a proper audit to decipher *WHAT* is wrong. You feel the impact (maybe this is poor energy, low mood, unintentional weight gain/weight loss, anxiety, etc...) but you don't give the proper attention to the cause. How do you develop a solution when you don't know where the problem is routed from?

Fill out the questions below with as much transparency as possible.

“If I am being completely honest, right now I feel...”

Physically:

Mentally:

Emotionally:

In my fitness:

In my nutrition:

1.2 What's creating friction?

I want you to be honest about everything in your life right now that feels frustrating, stressful, overwhelming, or "off". List them here.

-
-
-
-
-
-
-
-
-
-
-

Next we're going to divide these into two groups.

Life frictions IN my control	Life frictions that I CANNOT control

1.3 Focus on what you can control

In this section, list every item that you CAN control, and put beside it one small action that would help you improve this area of friction.

Example: “My fitness has been poor and this is because I have been skipping the gym. I can schedule 3 workouts into my planner next week”.

Section 2: Let's Remind You of You

2.1 Remember your why

I'll preach this until the cows come home. When you are lost, you come back to your *why*.

Why did you begin this journey in the first place?

Why are these goals important to you and your growth as an individual?

Why are you here?

Once you can decipher this, it's important to remember WHO you have to be to fulfill these intentions.

2.2 “Who do I want to become?”

I handle stress by:

I fuel my body with:

I train because:

I speak to myself with:

2.3 Bridging the gap between who you are and who you'll be

Write down 3 behaviours separating these two versions of yourself.

Current Me	Future Me
Example: I go to bed at 2am every night	Example: She is an early morning riser

Now, provide just ONE behaviour that you can start this week that aligns with your FUTURE self.

“This week I will _____”

SECTION 3: Visions, Goals, & a System

Developing a goal is easy. Where people fall off is in developing a proper system so that you can actually attain those goals. It's easy to write down "go to the gym 3 days next week", but how are you actually going to get yourself in the gym? Let's take a look at the big picture and then break it down into small, daily routines.

3.1 The One Year Plan

If you stayed consistent for ONE year, what would change? What does your life look like in one year if **you acted like your future self every single day**?

My body:	
My energy:	
My confidence:	
My relationships:	
My stress levels:	
My career:	

Ask yourself and write it down: "Why does this even matter to me?"

3.2 The 90-Day Focus

In the next 90 days, what is the MOST important thing for you to focus on? Write it down.
"In the next 3 months my number 1 priority is to _____"

3.3 The monthly goals breakdown

Yearly goals are daunting, so you need to break them up into smaller parts.
Example: You have a one year goal of being up 20lb. To gain 20lb in 12 months, you know you need to gain 1.6lb per month. How will you do this? Maggie will put you on a surplus diet, you will track your weight trends each week, and we will make adjustments to ensure you gain 1.6lb every month.

What are 3 monthly habits that you can incorporate that will help you achieve your 90-day and 1 year goals?

Goal	Habit	Why this matters	How I will track it
Example: Gain 20lb in 1 year	Follow the diet plan Maggie gives me	She knows how to give me proper macronutrients that will help me gain weight. By gaining this weight, I will feel stronger and more confident.	I will measure my food or use standard portion sizes. I will weigh in each week with Maggie during my check-in.

3.4 Creating the weekly plan

Example: Monday

Training goal: Hit my upper body day

Nutrition goal: Don't skip breakfast

Recovery goal: Make sure I get 7 hours of sleep

Mindset goal: Don't use my phone for 1 hour before bed and do some reading

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Training Goal:							
Nutrition Goal:							
Recovery							

Goal:							
Mindset Goal:							

It's important to create some mindset techniques to hold yourself accountable to these plans. Write down your responds for:

1. "If I feel unmotivated to go to the gym, I will..."

Example: I will make a promise to myself just to get there. I will do half my workout if I feel too tired to do the full day. I will wear my favourite outfit and I will save my favourite podcast episode for when I get there.

2. "If I miss a workout, I will..."

3. "If I overeat or go off plan, I will..."

Always keep in mind your why. These alone should make it very easy for you to justify why completing these weekly goals are important.

SECTION 4: Laying it Out

Now is the time to lay out what you've discovered about yourself, and create the mental framework so that you never need to rely on "motivation" in order to complete one of your tasks. This is called the WOOP method.

Wish (my goal is...)	Outcome (if I achieve this, my life improves by...)	Obstacle (the biggest thing that gets in my way is...)	Plan (if I run into this obstacle, I will...)
<p>Example: My goal is to gain 20lb</p>	<p>If I gain 20lb I will have more energy, more strength, greater confidence. This will help me in every aspect of my life including work, building relationships, and having a strong self-esteem.</p>	<p>My ability to finish my meals and track my weight. I don't feel hungry so I forget to eat, and I rarely weigh myself because I don't want to be disappointed.</p>	<p>Remind myself of my desired outcome and remind myself that the weigh in is essential so that Maggie knows I am progressing and she can guide me properly. I will prep all my food once per week so that it is ready to go in the fridge and I don't have to cook every night.</p>

We've laid out your goals, your struggles, your desired outcomes, and your plans of execution. But now we have to assess the state in which you currently live your life. Is your life set up in the most optimal way to allow for all of this change to happen?

SECTION 5: Life check

5.1 Auditing your quality of life

Stress: What in your life would you say causes you the most stress?

What are your UNHEALTHY coping mechanisms you might use to combat this?

(example: Do you overeat when you are stressed? Doom scroll, drink, smoke, procrastinate, skip the gym and watch tv, etc...)

What are some alternative coping methods that you could use in replacement?

(example: Going for walks outside, reading, colouring or drawing, relaxing with friends, going to therapy sessions, cleaning, changing your environment, sleeping earlier, deleting social media, etc...)

Have you audited other areas of your wellbeing?

How is your:

Sleep?

Energy?

Social life?

Work performance?

Relationship with food?

What areas do you think need the most improvement? Understanding that work stress isn't always in your control (maybe you have a high stress job or a difficult boss), but what can you change in your surroundings so that you are better equipped to deal with this stressor? Maybe you'd benefit from having an animal at home. Maybe you can take up painting in your free time. Removing stress from your bucket in OTHER ways can help you better manage the stress that is not within your control.

5.2 Environment Audit

Ask yourself:

“Does my current environment support my goals?”

Is my kitchen set up to support me?	
Do I have a solid calendar structure?	
Does my social circle support me?	
Do I have a solid sleep setup?	

Something as simple as reorganizing kitchen space, developing a new calendar or organizational system for your day, buying a new bedframe or rearranging your bedroom, can be the difference between friction and alignment. Do not knock the small daily habits, do not knock the small daily changes.

Conclusion

I didn't create this workbook to give you homework, however, every person should be doing semi-regular audits on their life in this way. So maybe homework is necessary! I will leave you with this:

Nothing is ever going to change, if you don't change.

You have the goals, but without action they are nothing else. Do the hard work now and reap the benefits throughout the entirety of your life. You're already here, so you've already made it this far. Kim K says it best “ I didn't come this far just to come this far”.

I hope this gives you some clarity to help you redefine your goals and reinspire some action. Go make your future self proud.

From your biggest fan, Maggs