

MEE - FIT

NEW YEAR SUMMIT 2025

NAME:

2024 REFLECTION

WHAT WERE YOUR BIGGEST HEALTH/FITNESS RELATED WINS OF 2024?

WHAT DIDN'T GO SO WELL IN 2024?

WHAT WERE THE MAIN BARRIERS YOU FACED?

WHAT DO YOU NEED TO DO DIFFERENTLY IN 2025?

2025 **GOAL** SETTING

WHAT ARE THE MAIN PHYSICAL CHANGES YOU ARE LOOKING TO MAKE IN 2025? (E.G. WEIGHT LOSS, CHANGES TO CLOTHING SIZE...)

WHAT ARE THE MAIN PERFORMANCE IMPROVEMENTS YOU ARE LOOKING TO MAKE IN 2025? (E.G. INCREASED STRENGTH, REDUCED 5K TIME...)

IDENTITY

WHO ARE YOU?

What do you value in yourself and others?

What do you believe about yourself?

What is important to you?

How do you show up daily for yourself and others?

What do you prioritise within your life?

WHO DO YOU WANT TO BECOME?

What does this person value?

What does this person believe about themselves?

What is important to this person?

How does this person show up daily for themselves and others?

What does this person prioritise?

IDENTITY

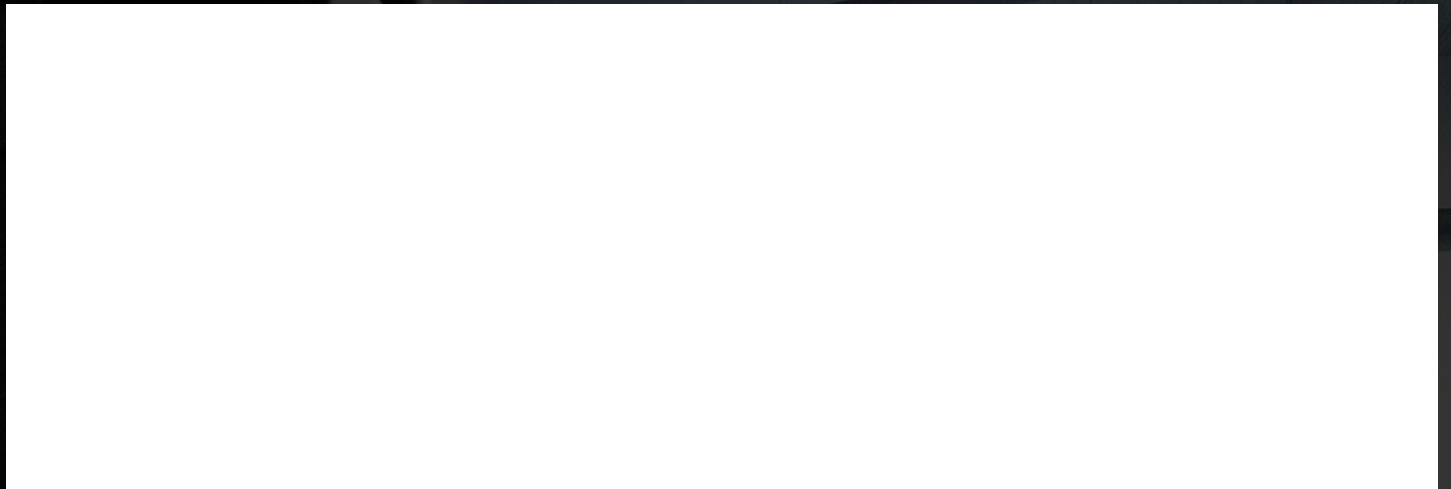
STEPPING INTO THE **FUTURE** YOU?

What do you need to change?

What do you need to do more/less of?

What internal beliefs do you need to challenge?

What do you need to let go of to move forward?



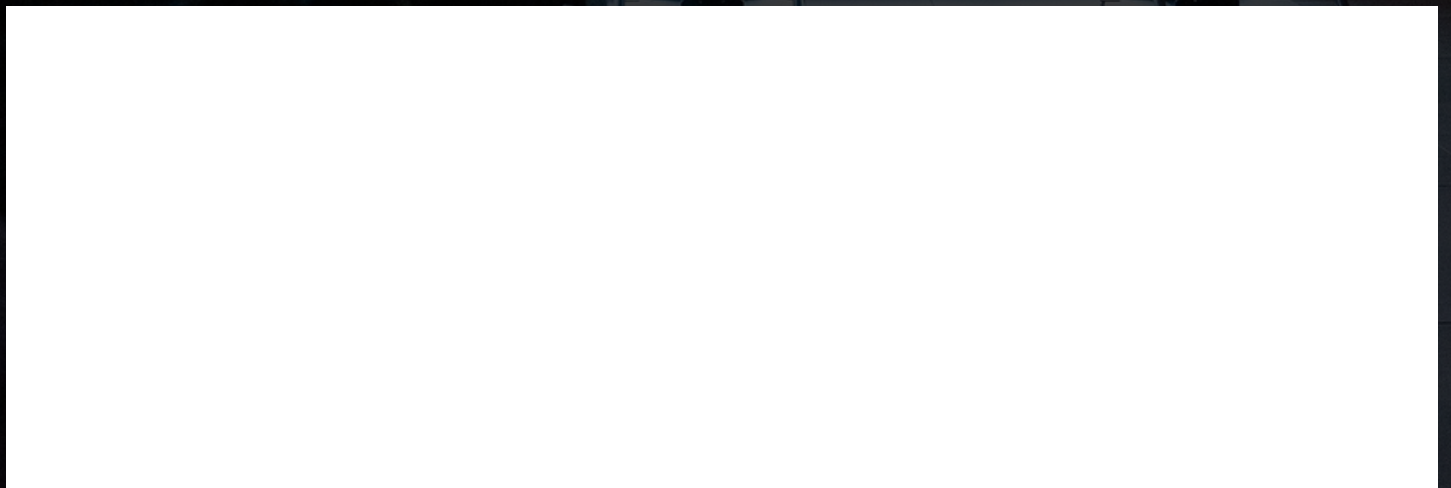
THINK BACK TO **YOUR** GOALS...

Why are these goals important to me?

What effect will it have on me when I achieve them?

What effect will it have on those most important to me?

How do these goals relate to the person I want to become?



HEALTHY LIFESTYLE HABITS

A habit is simply a learnt behaviour that has been repeated many times, so it has become something we do without thinking, whether good or bad. In order to break habits that don't serve us, we need to consider what habits we would like to create to replace them.

HERE ARE A FEW SUGGESTIONS OF GOOD AND BAD BEHAVIOURAL HABITS WITH SPACE TO ADD YOUR OWN.

WHAT HABITS WOULD YOU LIKE TO ADOPT OR DO MORE OFTEN?

ADOPT OR DO MORE OFTEN

- Create a better balance between work and enjoyment / fun
- Build in regular rewards and things to look forward to (not food)
- Take time out for myself each day
- Be more consistent with health & fitness
- Practise taking better care of myself
- Practise re-framing things in a more positive way
- Do things that energise me
- Do things that make me feel happy
- Spend time with people who are positive influences
- Read quality material to support my health journey
- Practise gratitude and appreciation (instant mood booster!)
- Acknowledge my successes
- Get organised, plan in advance
- Get some fresh air every day

ADD YOUR OWN:

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WHAT HABITS WOULD YOU LIKE TO GIVE UP OR DO LESS OFTEN?

GIVE UP OR DO LESS OFTEN

- Watching TV
- Being late
- Negative thinking
- Stress
- Smoking
- Alcohol
- Eating junk foods
- Comfort eating
- Eating when not hungry or when bored
- Drinking so much coffee
- Snacking late at night
- Staying up too late / not getting enough sleep
- Internet surfing / social media
- Responding with anger or frustration
- Procrastinating
- Comparing myself to others

ADD YOUR OWN:

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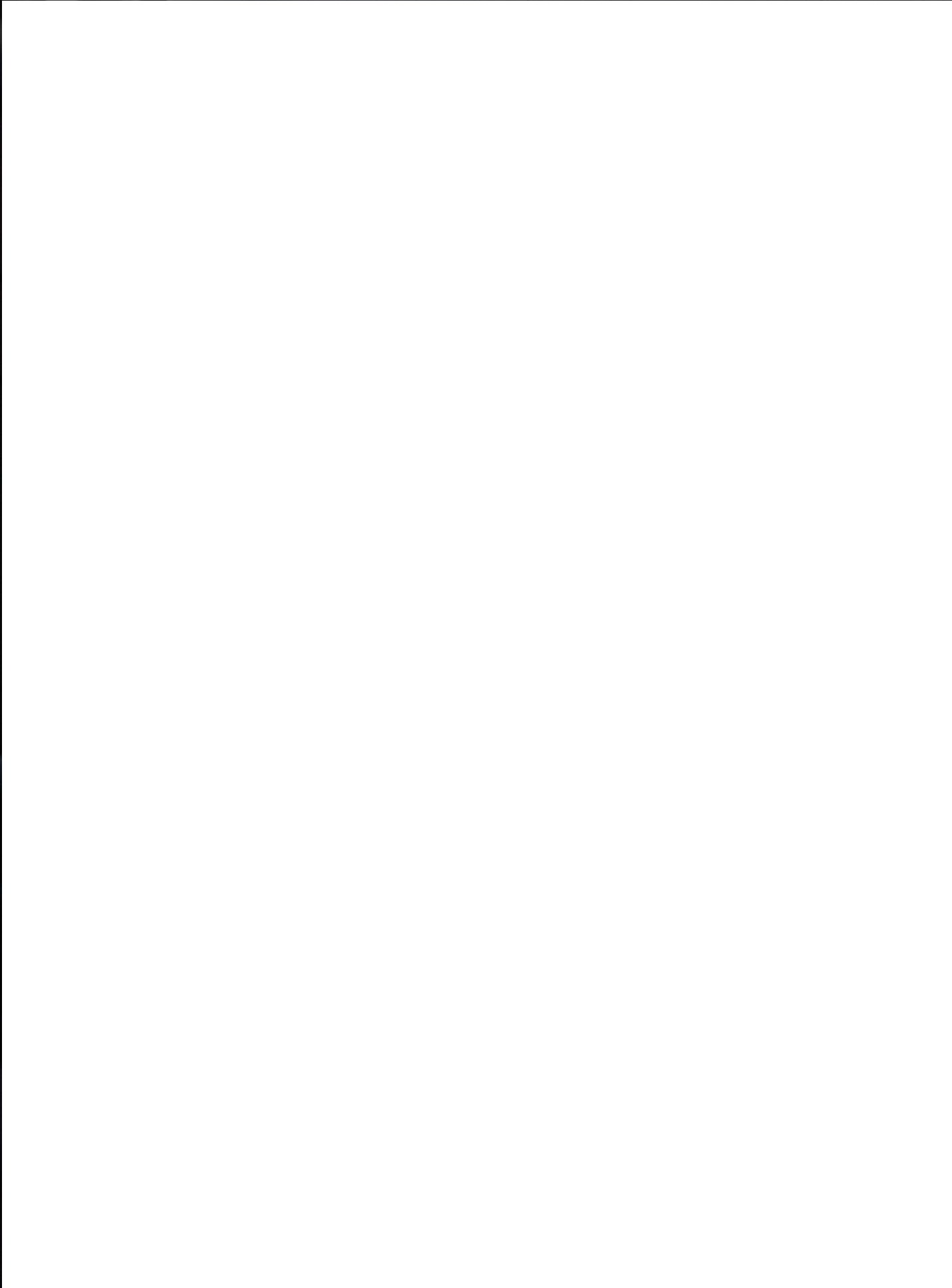
HOW TO CREATE A GOOD HABIT

The 1st Law	Make It Obvious
1.1	Fill out the <i>"Healthy Lifestyle Habits"</i> sheet and add in any other current habits you need to become aware of.
1.2	Use implementation intentions: "I will [BEHAVIOUR] at [TIME] in [LOCATION]."
1.3	Use habit stacking: "After [CURRENT HABIT], I will [NEW HABIT]."
1.4	Design your environment. Make the cues of good habits obvious and visible.
The 2nd Law	Make It Attractive
2.1	Use temptation bundling. Pair an action you want to do with an action you need to do.
2.2	Join a culture where your desired behaviour is the normal behaviour.
2.3	Create a motivation ritual. Do something you enjoy immediately before a difficult habit.
The 3rd Law	Make It Easy
3.1	Reduce friction. Decrease the number of steps between you and your good habits.
3.2	Prime the environment. Prepare your environment to make future actions easier.
3.3	Master the decisive moment. Optimise the small choices that deliver outsized impact.
3.4	Use the Two-Minute Rule. Downscale your habits until they can be done in two minutes or less.
3.5	Automate your habits. Invest in technology and onetime purchases that lock in future behaviour.
The 4th Law	Make It Satisfying
4.1	Use reinforcement. Give yourself an immediate reward when you complete your habit.
4.2	Make "doing nothing" enjoyable. When avoiding a bad habit, design a way to see the benefits.
4.2	Use a habit tracker. Keep track of your habit streak and "don't break the chain."
4.4	Never miss twice. When you forget to do a habit, make sure you get back on track immediately.

HOW TO BREAK A BAD HABIT

Inversion of the 1st Law	Make It Invisible
1.5	Reduce exposure. Remove the cues of your bad habits from your environment.
Inversion of the 2nd Law	Make It Unattractive
2.4	Reframe your mindset. Highlight the benefits of avoiding your bad habits.
Inversion of the 3rd Law	Make It Difficult
3.6	Increase friction. Increase the number of steps between you and your bad habits.
3.7	Use a commitment device. Restrict your future choices to the ones that benefit you.
Inversion of the 4th Law	Make It Unsatisfying
4.5	Get an accountability partner. Ask someone to watch your behaviour.
4.6	Create a habit contract. Make the costs of your bad habits public and painful.

HEALTHY LIFESTYLE HABITS NOTES



MAXIMISE YOUR MEMBERSHIP



FEEDBACK

WHAT ARE YOUR THOUGHTS?

WE WOULD REALLY APPRECIATE YOUR **FEEDBACK** ON TODAY'S SUMMIT!

Please let us know your thoughts, what new things you've learnt and what else you would like us to do or talk about at future talks and workshops.

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