

Worksheet 10: Dealing with Setbacks

The 3 little letters that can get you back on *track*.

Any new activity you undertake will take time and involve setbacks along the way.

It's important to roll with setbacks and use a constructive mindset when looking at your progress.

Let’s look at the positive, negative, and just generally interesting things you notice from your work so far:

Pluses: what has been positive?	
So far:	Expected in the future:
Minuses:	
So far:	Expected in the future:
Interesting things:	
So far:	Expected in the future:

Tune-up strategies (circle any needed):

- Diary reminders of daily tasks
 - Update goal timing
 - Put up a calendar
 - Talk to others about my journey
 - Adjust diet
- Add some physical activity
 - Get some expert advice
 - Start a regular weigh-in
 - Add some ‘Plus’ experiences
 - Keep a 1-week food diary

My updated goals: