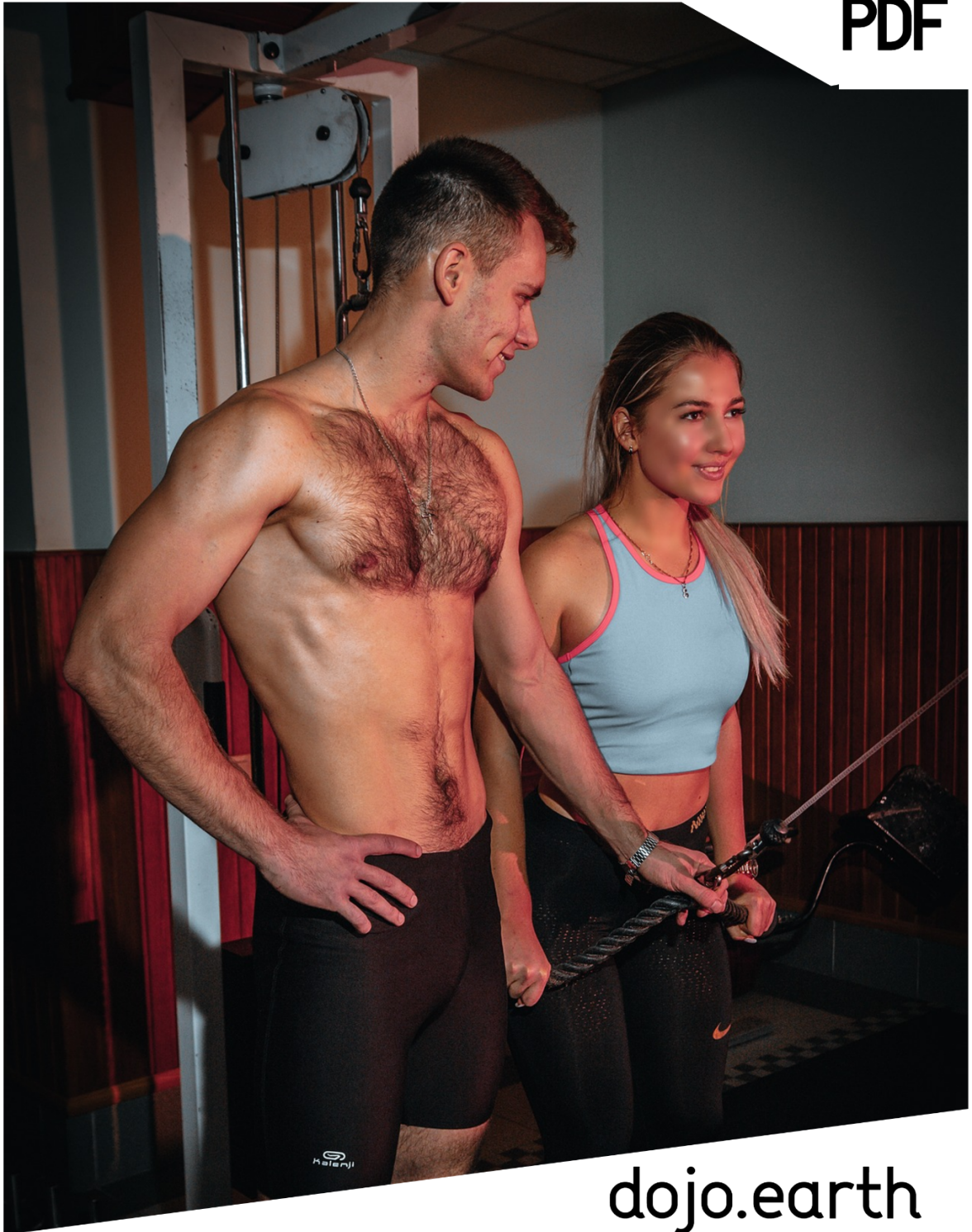


PDF



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QUICK START GUIDE

Goal Setting

A clear goal will lead to a clear outcome and therefore a clear victory when you achieve it. To bring about positive change in your life, setting SMART goals is crucial. S.M.A.R.T is an acronym you may have heard of which stands for Specific, Measurable, Achievable, Realistic and Timeable - this multitool for goal setting allows us to create the most optimum parameters around our objective and is a proven method for goal setting that maximizes our chances of success.

For instance, being specific means setting a clear, objective goal, like "losing 20kg," instead of a subjective one like "losing more weight before summer." This way, it's easier to track progress and determine if the goal has been achieved."

To ensure the success of your goals, it's important to make them measurable. This means having a way to track progress and determine if the goal has been achieved. This ties in very closely to being specific since a goal such as "losing 20kg" is very measurable, you can track your progress every day on the scales and this helps to boost motivation.



When setting achievable goals it's important to consider your current resources and limitations when setting goals. For instance, setting a goal to lose all excess weight and get a 6 pack in one week is not achievable, but setting a goal to do 5 exercises a week is more realistic.

To be effective, your goals must also be realistic and aligned with your values, skills, and abilities. A realistic goal takes into consideration your current circumstances and allows room for growth and development. For example, a realistic goal for someone who has never exercised regularly before would be "I want to exercise for 30 minutes, three times a week."



Finally, setting a specific deadline for your goals makes them more achievable and provides a sense of urgency. Deadlines give you a clear timeline for when you want to achieve your goal and can help motivate you to stay on track. This boosts motivation as well since you know that every day is an important step to your goal.

So before you even get started with video 1 of your new course, start by setting yourself 1 or more Smart Goals and write in as much detail as you can about what it is exactly you would like to achieve. The more details you can add

to your goal the easier it will be to focus on your 'ideal you' and make that a reality.

Six-Week Progress Planner

In this section, we will briefly cover how to use the six-week progress planner that you have now been given access to as part of our programme. Six weeks should be enough time to get used to doing all of the habits we teach in the programme - this is the first step to forming a habit. Once you get into the rhythm of doing these actions daily and continue them for 6 weeks they will be such a normal and comfortable part of your life that you will want to continue to do them from there on out. The major power of



habit-based weight loss is its ability to put an absolute halt on 'yo-yo dieting', this refers to the cycle of losing weight and putting it back on. Even if you have completely achieved your weight loss goals by this point, which is to be expected for the majority of cases, it is still extremely important to continue with these habits in a manner which works for you. Once these simple and easy-to-implement habit have started to have an amazing effect on your life the key to maintaining your achievement is to continue doing what helped you to achieve it in the first place.

How to Use:

On your six-week progress planner you will find a row for each habit, and a column for each day of the week - skipping the weekends is not going to help you to achieve your goals, so it's important to keep up building your habits on Saturday and Sunday. You will also find a score section this is to allow you to physically tick or cross of the days you have succeeded to practise your habits on. It is important to mark off every single day and rate your results this will allow you to compare against yourself which goals you are improving upon. You should continue this for all six weeks even if you feel as though you have achieved all seven habits before the full six weeks elapses.



Step one:

The first thing you need to do to get the best results possible from this course is to read this PDF guide in full in order to give you a brief overview of the course. It is widely agreed upon by university professors and psychologists that the best way to understand something completely and in detail is to see the brief overview first, it can be easy to get lost in the details without having a broader overview. Remember that you can continue to revisit the PDF guide as many times as you need and in many cases, this is necessary to build a full comprehension of all of the material covered in this guide.

Step Two:

After you know what you're about to learn the next step is to print out all six weeks of your six-week progress planner. One week will not suffice when it comes to forming lasting habits its essential to print all six. One of the major deciding factors on whether you will be able to succeed with forming these habits or not is if you print out this progress planner, I cannot emphasise enough how important having a printed copy is. There are many reasons why this helps firstly by having a print copy of each week hung up on your wall it will remind you what your goals are every single time you walk past it,



ensuring that you stay on track every day. Not only this but being able to physically tick which habits you have done and which you didn't achieve that day is essential to creating a positive feedback loop between working at building these habits and the positive results you are getting from each one. Physically marking your progress on each habit on each day is going to help you notice if there is a specific habit that you have been lacking on. If you see multiple days where you have failed to practice a habit it will give you a reminder to focus on that one for the coming days.

Step Three:

After you have your guide printed it's important to remember that today is day 1. Begin to mark which of these habits you feel as though you already do consistently and to a high standard. Here it is essential to be honest and if you feel as though you currently do none of these tasks at all then it's important to mark it down as so. You may also benefit from taking a journal and writing a mini paragraph about each one of these habits to talk about how much of these currently do, before completing the course. This will give you a great comparison of everything you will have achieved and where you started.



Step Four:

All that is left at this point to begin. Every day is a new opportunity to practice one of your newfound habits and remember to use all of the habit-building tips you can in this PDF and the video lessons. It is important to fill out every single day for the next six weeks (don't be too hard on yourself if you take a day or two off occasionally). However, after you complete the six weeks the habits shouldn't stop, at this point, you may or may not find it necessary to print out the sheets again and continue to mark your progress of but still keeping on top of your habits is the key to success.

Module 1: Intermittent Fasting

The Benefits:

Intermittent fasting is unanimously agreed upon as one of the best ways to implement a calorie deficit into your life without feeling hungry or dissatisfied. This is one of the most important factors for creating an environment for weight loss. Also, intermittent fasting has been shown to improve insulin sensitivity, which can help prevent type 2 diabetes and regulate blood sugar levels. It can lead to increased energy levels, as the body has more time to repair and rejuvenate itself, this conversely leads to more physical exercise even if it's on a subconscious level. There is even a link between intermittent fasting and a reduction in inflammation which can help to reduce the overall appearance of one's size and the risk of chronic diseases like heart disease and cancer.



Intermittent fasting has gained popularity in recent years due to its numerous weight loss benefits. To make intermittent fasting a habit, it's important to start small and gradually increase the fasting period over time. For example, one could start with a 12-hour fasting period and gradually increase to a 15/16 hour fasting period. It's also crucial to find an intermittent fasting schedule that works best for you and your lifestyle. Some popular methods include the 5:2 method, where one eats normally for 5 days and restricts calories for 2 days. However, we mainly focus on the 15/9 method, where one fast for 15 hours and eats within a 9-hour window. This is one of the easiest varieties of intermittent fasting you can get into without feeling excessively hungry all day while still creating an enormous period of calorie deficit



Building Habits

Making intermittent fasting a habit requires patience, consistency, and the ability to stick to it even on days when it may be more challenging. And it will very soon become a natural part of your lifestyle.

Incorporating five habits into your routine can help make intermittent fasting a sustainable and effective part of your lifestyle. Firstly, planning your meals and fasting times in advance helps ensure that you stick to your schedule and stay on track. Secondly, staying hydrated by drinking water and other non-caloric beverages such as black coffee, a natural appetite suppressant, is important during fasting periods. Additionally, avoid food which triggers cravings such as processed snacks or additive sugary drinks and other such items may make it difficult to stick to your fasting schedule. Lastly, tracking your progress helps to monitor where you are in your journey and how far you have left to go this helps battle the lack of motivation. Use your progress planner to help you keep track of the days that you fasted on successfully.

Module 2: Protein consumption

The Benefits:

Eating protein can have several benefits for weight loss. Firstly, it increases metabolism, allowing the body to burn more calories even when at rest. Secondly, protein is more satiating than any other macronutrient such as carbohydrates or fat, therefore, allowing you to reduce overall food intake and promoting weight loss. Protein is also essential for building and repairing muscle tissue, which can help increase muscle mass and burn more calories. Additionally, protein helps preserve lean muscle mass during weight loss, so the body burns fat rather than muscle. Additionally, Lastly, protein takes longer to digest than other types of food, which means that it promotes a feeling of fullness for a longer period of time. By keeping hunger at bay, you are less likely to overeat and sabotage your weight loss goals. When you incorporate more protein into your diet, you can enjoy numerous benefits that will help support your weight loss journey.



Incorporating more protein into your diet has become increasingly popular as a weight loss strategy in recent years. To maximize the benefits of eating more protein, it's important to focus on quality protein sources and aim for a balanced diet that includes a mix of carbohydrates, healthy fats, and protein. To start, aim to increase your protein intake daily and make sure you are getting enough protein at each meal, 50 grams of protein is the absolute minimum you should eat. It's also important to find a protein-rich diet and incorporate foods you love to make it a sustainable habit.



Building Habits

Incorporating more protein into your diet can be a great way to support weight loss and overall health. To make getting more protein a habit, it's important to start small and make some simple changes to your daily routine. Firstly, plan ahead by making a weekly meal plan and including high-protein foods in each meal, as well as having protein-rich snacks on hand. Another way to add more protein to your diet is to use protein powder, which is a convenient and versatile way to boost your protein

intake. Make protein the centre of your meals by ensuring each meal has a good source of protein as the main ingredient. Snacking on protein-rich foods, such as hard-boiled eggs or Greek yoghurt, can help you avoid unhealthy snacks. Finally, increase your protein portions by gradually increasing the amount of protein you already eat in each meal. By making these simple changes, you can make getting more protein a habit and enjoy its numerous benefits.

Module 3: Cold Showers

The Benefits:

Cold showers offer several benefits for weight loss. By boosting metabolism over a long period of time, they can help you to burn calories and therefore allow you to enter into a calorie deficit without going hungry. They also reduce muscle soreness, making recovery after exercise easier. Cold showers also have a wake-up effect, increasing alertness and energy levels this can be as powerful as a shot of espresso. Additionally, they can improve immune system function and promote fat loss by increasing the amount of brown fat or BATs (Brown Adipose Tissue) in the body. This is the type of fat cell responsible for burning calories as opposed to what we usually think of when we hear fat tissue. These benefits make cold showers a helpful tool for those looking to lose weight and improve their overall health.



Cold showers have been suggested as a potential tool for weight loss, as the body burns calories to warm itself. The idea is that by exposing yourself to cold water, you can increase your metabolic rate and potentially burn more calories. However, the actual amount of calories burned from a cold shower is likely to be small, and it is not a substitute for a healthy diet and exercise regimen. Additionally, cold showers can be uncomfortable and potentially harmful if not done properly, so it's important to speak with a doctor before trying them as a weight-loss technique.

Building Habits

To make taking cold showers a habit for weight loss, it's important to approach it gradually and make it a part of your daily routine. Start by gradually decreasing the temperature of the water, going from lukewarm to colder over time. This will help you get used to the cold temperature and make it easier to stick to the habit. Make cold showers a part of your daily routine, taking one at the same time every day. This helps to establish the habit and make it a regular part of your day. Setting a goal for yourself can also help keep you motivated. Track your progress and celebrate your achievements along the way. Start small by beginning with just a few minutes of cold water and gradually increase the duration over time. Encouraging yourself with positive self-talk can also help maintain the habit. Remind yourself of the benefits of cold showers, such as increased metabolism and weight loss, and keep a positive outlook.



Module 4: Mindful Eating

The Benefits:

Mindful eating is a technique used by renowned hypnotherapists for weight loss and is one of the simplest methods for creating a calorie deficit since most people fall into the habit of eating to pass time when they are bored or perhaps anxious. Emotional eating is one of the leading causes of weight gain. Mindful eating forces us to question if every meal or snack is a result of genuine hunger or just the result of external causes. Mindful eating also helps to reduce cravings for unhealthy foods since we usually only feel cravings towards snacks and such when we are legitimately hungry.



Mindful eating is a technique to promote weight loss by promoting a more intentional and deliberate approach to food consumption. The idea is to focus on the experience of eating, including the flavours, textures, and sensations in the mouth while avoiding distractions like screens or work. This helps in creating a more mindful connection to food and reducing overeating. Practising mindful eating also means being mindful of physical hunger cues and eating only until satisfied, rather than until full, and being aware of the emotional reasons for eating. By incorporating mindful eating into a weight loss plan, individuals can gain better control over their eating habits and make healthier choices.



Building Habits`

Incorporating mindful eating into your daily routine can be achieved by following these 5 simple steps: start slow by practising mindful eating for just one meal a day, remove all distractions by finding a quiet place to eat, pay attention to your food by taking time to appreciate its appearance, smell, and taste, check in with yourself regularly by pausing during the meal and assessing your physical hunger and fullness levels, and make mindful eating a daily habit by setting aside dedicated time for meals and snacks is one of the best ways to build this up as a habit. There are many techniques used to eat slower and the most effective technique i have found is to put your cutlery down between bites, making conversation with friends or family during mealtime is another good approach you can't talk and eat at the same time making conversation leads to a longer and more disperces meal time giving us enough time notice when we are full.

Module 5: Hydration

Drinking water is an important aspect of weight loss, and it has several benefits that can contribute to your weight loss goals. Firstly, it boosts metabolism. Drinking water can increase the number of calories burned, helping you lose weight. This is because water increases the rate of metabolism. By drinking water, you are helping your body burn more calories, even when you are not actively working out. Secondly, drinking water can suppress appetite. Before a meal, if you drink a glass of water, you will feel less hungry. This is because water takes up space in your stomach, and the sensation of fullness makes you eat less. Additionally, drinking water before a meal can help

you avoid overeating and making unhealthy food choices. By drinking water, you can reduce the overall calorie intake and prevent overeating, which is an important aspect of weight loss



Drinking water is an important aspect of any weight loss plan. It plays a crucial role in keeping the body hydrated and reducing overall calorie intake, both of which are essential for successful weight loss. Drinking water instead of sugary beverages is also a better choice, as water is calorie-free and has no added sugars. Incorporating water into your daily routine can support your weight loss goals and help you achieve your desired results. By ensuring that you drink enough water every day, you can stay hydrated and maintain a healthy weight, which is essential for overall health and well-being.



Building Habits

Making drinking water a habit is an important step towards achieving weight loss goals. There are several ways to make drinking water a habit. Firstly, setting a daily goal for water intake can be a powerful motivator remember that only half a litre more around meal time is necessary for increased weight loss. Secondly, carrying a water bottle with you wherever you go is an effective way to ensure that you have access to water at all times. This can make it easier to drink water regularly, even when you are on the go. Having a water bottle

with you can also help you keep track of how much water you are drinking and make it easier to reach your daily goal. You can keep a record of how much water you are drinking and track your progress over time and use our 6 week progress planner to track if you are meeting your targets

Module 6: Sleep Quality

The Benefits:

Quality sleep has lots of benefits for weight loss, and by using this as a tool in our arsenal we can take advantage of. Firstly, adequate sleep can boost metabolism by increasing the production of certain hormones in the body. Secondly, good sleep quality helps reduce food cravings as lack of sleep disrupts hormones that regulate hunger. Research has shown that sleep deprivation can cause an increase in hunger, particularly for high-calorie and sugary foods. This is because sleep deprivation can disrupt the normal patterns of hormones in our body and drastically impact our behaviour. Additionally, proper sleep increases physical and mental energy levels, which has come indirect effects on weight loss for example when we have more energy generally we will be more motivated to go places, move around and be physically active and as a byproduct of this we will burn more calories.



Sleep quality refers to the depth and duration of sleep, and is an important aspect of overall health and well-being. The average adult requires 7-9 hours of sleep per night to maintain good health and optimal sleep quality. Using sleep quality as a weight loss tool involves prioritising sleep and making sure to get an adequate amount each night. Sleeping in accordance with our circadian rhythm is essential to feel rejuvenated in the mornings.



Building Habits

To make getting better sleep quality a habit, it's important to establish a consistent sleep schedule, create a sleep-conducive environment, and limit exposure to screens before bedtime. Setting a regular bedtime and waking time, and sticking to it even on weekends, can help regulate the body's natural sleep rhythm and improve sleep quality. A sleep-conducive environment can be created by keeping the bedroom quiet, dark, and cool and investing in a comfortable mattress and pillows. Limiting exposure to screens before bedtime can also have a significant impact on sleep quality. The blue light emitted by electronic devices can interfere with sleep by suppressing the production of melatonin, a hormone that helps regulate sleep. Therefore to avoid this, don't use your phone for at least an hour before bed.

Module 7: Nature Exposure

Benefits:

Spending time in nature has been shown to reduce stress levels and promote relaxation, which can help prevent stress-related overeating and support weight loss. In addition, nature exposure can improve mood and mental well-being, leading to a reduced risk of emotional eating and a more positive outlook on healthy eating habits. In addition to this, there is a strong link between nature exposure and a reduced level of cortisol: the stress hormone. It is important to know that stress and the associated hormones make it easier for calories to be absorbed into your body and harder to burn existing fat.



Furthermore, sun exposure in nature can help increase Vitamin D levels, which has been linked to weight loss and a reduced risk of obesity. By incorporating nature exposure into their weight loss journey, individuals can enjoy the benefits of reduced stress, improved mood and mental well-being, and increased Vitamin D levels, all of which can support their weight loss efforts.

Once we start to move our activities outside even if it's only for 20 or 30 minutes a day this can have a huge effect on the level of cortisol and other hormones. As we discuss in video 7 these all have a huge effect on weight loss and if you start to make this a habit I'm sure you will start to see amazing progress in your weight loss goals

Building Habits



To make spending more time in nature a habit, you can start by incorporating outdoor activities into your daily routine, such as taking a walk in a local park, taking time during the day to go outside for example eating lunch outside or even commuting to work via a park or greener space. Scheduling regular activities in nature can definitely make a difference there are many things we do daily that can be done just as well outside, for example, yoga, reading and even many of our hobbies such as photography. There are many other activities such as picnics, camping trips, or nature walks, which can also help make spending time in nature a habit. Additionally, we can bring elements of nature into their daily lives by incorporating plants and natural elements into their home and workplace. Or even by listening to recordings of nature sounds which is also shown to have an effect on our state of mind and effect the hormone balance.

You and your goals DO NOT stop after you complete this course

Feel free to Email me personally at harry@dojo.earth if you need help with
this course