

GOT TO IT!

365 Day Journal for Getting to the Good Things



SAMPLE

By Michelle Cederberg, MKin, BA Psyc, CEP

"YOUR 'GETTING TO IT' GURU"

Every day accountability to help you switch "I'll get to it" to "GOT TO IT!"
Have better work-life balance, finally fit in fitness, increase your energy, and
love your life – one day at a time.



GOT TO IT!

365 Day Journal for Getting to the Good Things

SAMPLE

MICHELLECEDERBERG.COM

Live Out Loud

Michelle Cederberg, MKin, BA Psyc, CEP

"Your 'Getting To It' Guru"

www.gottoit.ca

Live Out Loud Speaking and Consulting Inc.

Copyright © 2009 by Michelle Cederberg
All rights reserved.

Live Out Loud Speaking and Consulting Inc.,

Copyright registration number 1064374

Published by Live Out Loud Inc.
1325B-9 Avenue SE
Calgary, Alberta, Canada T2G 0T2
Phone: (403) 984-4509
www.gottoit.ca

ISBN: 978-0-9811915-0-8

No part of this publication may be reproduced or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior written permission of the publisher.

All recommendations (verbal, written, audio, internet and email) provided by Live Out Loud Inc. are intended for educational and informational purposes only. The information provided is not a substitute for a professional medical or psychological opinion. Please contact your health care professionals for specific individualized health, fitness, and lifestyle recommendations. Live Out Loud Inc. and its employees, consultants, authors and publishers disclaim any liability in connection with the use of the information.

Contents

1 INTRODUCTION

2 GETTING TO THE GOOD THINGS

- 2 Get over “I’ll get to it when ...”
- 3 Shift priorities
- 5 How am I doing right now?
- 6 Goal *Getting*
- 8 My personal growth mantra

5 HOW TO USE THIS JOURNAL

Daily success strategies

- 10 Purposeful physical activity
- 13 Healthy eating effort
- 13 8 glasses of H₂O
- 14 Intentional acts of KINDNESS
- 14 Work day WIN
- 14 Just for FUN!
- 16 Restorative REST
- 17 Daily ‘GET TO IT’ Goals
- 17 Daily ‘GOT TO IT’ check list
- 18 Reflecting on success

Weekly check-ins

- 18 How did I do this week?
- 18 My ‘GET TO IT’ Goal for this week

10 GETTING TO IT, STAYING WITH IT

- 20 Now is the best time to get to it!
- 22 Dream big, start small
- 22 Take responsibility for your life
- 23 Practice gratitude

24 AND IF I FALL OFF THE WAGON?

25 DAILY JOURNAL

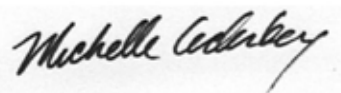
365 day nutrition and lifestyle journal

450 ABOUT THE AUTHOR

Introduction

Since 1990 I have worked as a personal trainer, group exercise leader, lifestyle coach, educator, author, and speaker and if there is one singular challenge my clients, participants and students have had difficulty overcoming it has been without a doubt *not being able to get to all the things they want and need to do*. Call it lack of time or lack of motivation, but however you define it, millions of people across North America are regularly putting their dreams on the shelf telling themselves “I’ll get to it when I’m not so busy – tired – overworked...” The dreams include anything you wish you could spend more time doing – exercise, eating right, building a business, writing, leisure activities, time with family and friends, hobbies, saving money for travel, even sleep – and feel you have no time, energy, or resources to get to. Forget finding *enough* time, you just need a *little* time every day.

What do you want to get to more often? Why not begin today? You have nothing to lose but another few years of lost progress waiting for the ideal circumstances to arise, so the choice should be easy. Use this journal for every day accountability to switch “I’ll get to it” to ‘GOT TO IT!’ The information you read here will set you up for success like no journal or book before. It will guide you to embrace small changes in important aspects of your health, business, and relationships. It will help you finally ‘GET TO IT’ and grow. Prioritize a few minutes each morning to connect with your purpose, write in this book, and commit to one ‘*get to it goal*’ for the day. Each daily goal will get you one small step closer to big change 365 days from now. Chart your progress as you go, and celebrate your success... one step at a time, because that’s all it takes.



Michelle Cederberg

Getting to the Good Things

Get Over “I’ll get to it when...”

No more excuses. I know something prompted you to pick up this book, so what is it that you have been putting off getting to? When life gets busy it’s easy to delay the good things in favour of putting out fires and dealing with ‘to do’s’. You probably say to yourself “I’ll get to it when I’m not so crazy at work” or “I’ll get to it when I’m not so busy driving the kids around to their activities” or “I’ll get to it when I’m not so darn tired!” I’ve heard these excuses from hundreds of people who think it is okay to put themselves last on their own ‘to do’ list, and I say it’s not okay. In the process of taking care of everything and everyone else, you’re neglecting your own health and enjoyment of life. Starting today, it’s no longer okay to keep yourself off your priority list. No matter how busy you are, you have the right to grab hold of a portion of each day where you put yourself *first*. Get over “I’ll get to it when...” by simply making a commitment to begin. The clincher is you needn’t go big to experience success. Remember these two truths:

- 1) It’s not the *doing* that’s tough, it’s getting to it!
- 2) *Doing* on any level is better than *thinking* about going BIG.

Once you commit to spending even small amounts of time on the things that matter, you’ll find more time to build the dream. Create the habits that align with these dreams, and be ready when the momentum of your actions starts to pull you toward wonderful opportunities days, weeks, or months down the road. It will happen, and I promise you, it is wonderful.

“Bad habits are easy to develop but
hard to live with.
Good habits are hard to develop but
easy to live with.”

- BRIAN TRACY

“Time is an equal opportunity employer. Each human being has exactly the same number of hours and minutes every day. Rich people can't buy more hours. Scientists can't invent new minutes. And you can't save time to spend it on another day. Even so, time is amazingly fair and forgiving. No matter how much time you've wasted in the past, you still have an entire tomorrow. Success depends upon using it wisely – by planning and setting priorities.”

- DENIS WAITELY

SAMPLE



GOT TO IT!

DAY
7

DATE:

My 'Get To It' goal for today is...

GOT TO IT!

I was thinking...

I woke up feeling 😊 😐 😞
Hours I slept

Today was good because:

What I'll do *different* tomorrow:

'GOT TO IT' check-in

Purposeful Physical Activity
Healthy eating effort
8 glasses of H₂O
Intentional act of KINDNESS
Work day WIN
Just for FUN!
Restorative REST

What I did (and if not, why not?)

_____ GOT TO IT!
_____ GOT TO IT!
_____ GOT TO IT!
_____ GOT TO IT!
_____ GOT TO IT!
_____ GOT TO IT!
_____ GOT TO IT!

“When it comes to reaching goals that have previously met with failure, come at the problem with a new plan. If you don’t modify your approach from the last time you tried, how can you expect the outcome to be different? Things won’t change unless you do.”

- MICHELLE CEDERBERG

WEEKLY CHECK-IN

How did I do this week?

Looking back at last week, how satisfied are you with your efforts to GET TO these health, leisure, and personal growth activities? (rank from 1-5) 1 = very dissatisfied; 5 = very satisfied

Overall health	1	2	3	4	5
Personal energy levels	1	2	3	4	5
Physical activity/exercise habits	1	2	3	4	5
Eating habits	1	2	3	4	5
Sleep habits	1	2	3	4	5
Time for relaxation	1	2	3	4	5
Maintaining a positive attitude	1	2	3	4	5
Stress awareness/management	1	2	3	4	5
Spiritual health	1	2	3	4	5
Social connection	1	2	3	4	5
Personal growth	1	2	3	4	5
Work/career growth	1	2	3	4	5

My ‘Get To It’ goal for next week is...