



Back on the Trail!

Nobody's perfect. So why do we beat ourselves up so much for making mistakes, especially when it comes to weight loss?

Instead of aiming for perfection, anticipate setbacks and plan to learn from them. Being able to forgive ourselves and accept our mistakes is a valuable part of the journey, and crucial to long-term success.

Let's be honest: Sometimes you're going to eat a food without first asking yourself, "Is this worth it?" Or you're going to miss a workout. Or you're going to do things, like skipping breakfast or leaving the house without a healthy snack, that can trigger an unhealthy choice later when you're passing by the burger joint, the bakery, a candy aisle at the supermarket. It's what you do next that matters.

"There's no such thing as failure, only feedback."

This quote is popular with good reason: It reminds us that disguised in every slip are valuable insights. A slip-up can leave you feeling ashamed, and even stuck. No matter what, be kind to yourself, and turn your negative thoughts around. Recognize that it's a learning experience, showing you what not to do

Slip of the trail? Start getting back on right away, with something as simple as drinking a glass of water or planning your next meal. If you realize that you're losing your motivation give yourself a new goal to achieve. It can help you come back to your plan with your mojo renewed. When you're back on the trail, think about the circumstances that led to the slip. How can your tools, other TOPS / KOPS pals, help you avoid a slip in the future?

Slips happen – Get back on the trail

- 1 – Accept it.
- 2 – Look how far you have come.
- 3 – Go back to basics.
- 4 – stick to your plan
- 5 – Reach out to other members for help and support.
- 6 – Learn from the experience.

