

The secret of accountability for weight loss success



How to hold yourself accountable

Let's face it. There are a million and one diets out there and a lot of them can be very successful. If your goal is weight loss you can follow any diet 100% and normally lose weight. The problem is keeping up the momentum to stay on the diet to lose ALL your weight.

And a bigger problem is how do you avoid putting on the weight again when you've finally lost it? I've been there myself. I've reached my goal weight, feeling really good about myself and my achievements.

Then I reward myself.... With some junk food

One reward leads to another and before I know it I've piled on all the weight again.

The best thing you can do to avoid quitting your diet is to hold yourself accountable.

What do I mean by this? I mean joining a community of people and telling them exactly what you're doing and what results you are going to achieve.

You have to be specific about your results!

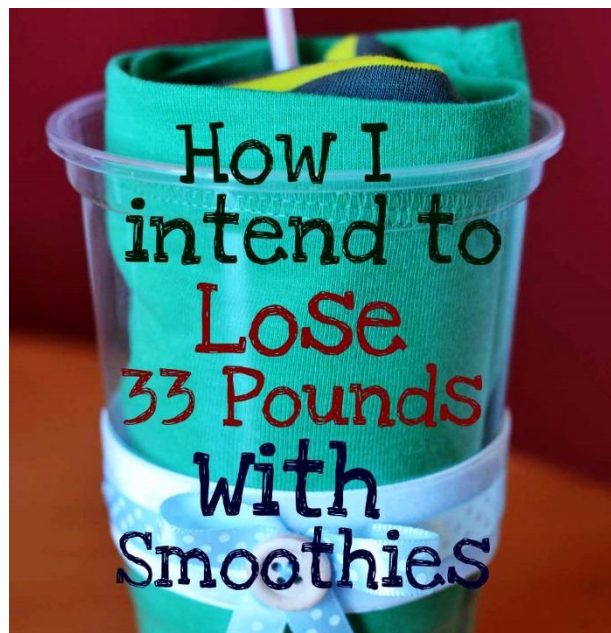
There is no point in telling people that you want to lose weight and improve your health. This is not specific and you may actually achieve these goals in one week with no incentive to improve further or lose more weight.

You have to specify exactly how much weight you want to lose, or what dress size you want to be. You have to list your health problems and specify which problems you would love to see an improvement in or to be eliminated entirely.

If you tell yourself how you will succeed you're much more likely to.

If you tell another person how you will succeed you're almost certain to.

Here are some specific ways I recommend holding yourself accountable to achieve your specific goals:



Ways to be accountable for your success

- Become a member of my Facebook group, [Green Smoothies for Health and Weight Loss](#). Post your goals on there and there are plenty of people who will support you achieve your goals.
- Tell all your friends and family what you WILL achieve and ask for their support to make it happen.
- Go through your cupboard and fridge and throw away any food that doesn't fit with your healthy diet. When you go shopping, avoid the aisles that have unhealthy food, shop from a list and spend most of your time in the produce section buying fruit and veg.
- Donate some money to charity for each pound of weight that you lose. Give it to starving children and that will motivate you to lose more weight.
- Set up a blog and post your meals and weight loss updates to it. Give you friends and family your blog address to read and encourage them to leave you encouraging messages. (This strategy is working very well for me at the time of writing. Every time I think of pigging out, I think about how I'm going to have to write about not losing any weight this week). If you are interested in setting up a blog, you can find out [How to set up a blog in 4 minutes](#) by watching this video. You can also read my [first blog post](#) where I detail all my meals and share how much weight I lost that week.
- Join some weight loss forums, make some friends and give them your blog address so they can also read your blog posts.

Take Action

Now it's time for you to actually take action to achieve your goals. Write down the following information:

1. The amount of weight you want to lose

2. How long this will take you (be realistic and lose 1-2 pounds a week maximum apart from the start of the diet)
3. What health problems you want to improve
4. How are you going to do this in the long term?
5. How will you deal with social events on your new diet?
6. Decide who you are going to tell your goals and how you will go about it
7. Tell people!
8. Now communicate with those people on a regular basis (at least once a week). Tell them your weight loss and ask them to keep checking back with you to make sure you are sticking to your plan.
9. Take a photo of yourself, weigh and measure yourself and record the date you started your new diet. Do this weekly and reward yourself (non-food related rewards) each time you lose weight.
10. Soon enough you'll be feeling amazing, looking amazing and have a powerful testimonial to share.
11. I'd love to hear from you when you're ready to share your story. You can email me at greenhickies@gmail.com

You can do it!

