



# Rossell Fitness Habit Change Action Pack Week 1

## Task 1

Journal your emotions

Keep a diary of every time that you feel mad, bad, sad, angry, frustrated, confused, fed up....etc

Aim to rewind to what is/was causing that emotion and write it down next to your emotion and start to build up a log of your emotional triggers. There will be patterns in this log, we just have to be consistent enough to recognise them.

## Task 2

Interrupt the pattern

When you become worked up by any emotion, try to catch it as it happens and recognise that you are experiencing something in the moment, and that after this moment, things will calm down and won't seem so strong.

If you can resist the urges that are currently so strong in your habit response system (*eg feel emotion, eat food, feel emotion, drink wine, feel emotion, lash out at others*)

This is you beginning to break the cycle and interrupt the brain process that sends you down the wrong path. If you can catch yourself before you participate in the sabotaging behaviour, it will only take a few more catches before you really begin to crack the habit for good!

*(Only try this if you have spent some time becoming more aware of your emotions and your triggers. Come back to this in later weeks, if you haven't completed task 1 yet.)*

## Task 3

Consider joining our support and accountability that you need

Becoming a member of RF online could help you through the tough times of changing and breaking free of your old habits.

You can get support, more accountability, online workouts, video coaching, recipes and all of your questions answered so that you can keep the consistency and motivation that you need to strive toward your results.

You can become a member by following this link:

<https://www.rossellfitness.co.uk/product/online-membership/>

**SPECIAL INTRODUCTORY OFFER: If you sign up today, you will be able to become a member for just £1 for your first month. Each month thereafter will be £9.99.**