

Resolutions.. Done Right

LIVE YOUR BEST
LIFE...NOW!

By: Lily Fontas
Certified Health Coach
By: Lily Fontas
Ed.M
Certified Health Coach
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"Resolutions: Done Right"

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www.LilyFontas.com

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info@lilyfontas.com

Welcome! My name is Lily and I'm so excited to start this year together. I help women lose weight, get strong and stop wasting time on diets and 'quick fixes' that just don't work. Today I'm a nationally qualified bodybuilder and certified health coach, I'm also living a life where I feel happy, strong and empowered. From this place things might look "perfect" but I'm the first to admit this wasn't an easy feat to accomplish.

A few years ago I started my own wellness journey after experiencing body shame, anxiety and burn out. At the time I was teaching while I was in graduate school full-time and my stress level was off the charts! My schedule was brutal and I felt like I had no time for myself anymore. At one point I hadn't exercised in a year and was eating anything in sight to feel better temporarily. I'd struggled with a binge eating disorder as a teen and it began to re-emerge as my life started feeling out of control.

From this low point I had an epiphany. I could either complain and be miserable or start taking initiative to slowly start changing what I could. I didn't care about looking 'perfect', I just wanted to feel energetic and like myself again! The weight room at my local YMCA became my playground and I realized that feeling strong and building myself up was what I needed. With no self care I had become vulnerable to self-doubt and training a few times a week rejuvenated me.

Today my goal is to help others find peace, strength and power. I work with women across the world who are done with dieting and obsessing. They want to get healthy for good and together we create lasting lifestyle changes. This guide will help you get crystal clear on how to start your journey- I can't wait to get started together!

Love & Health,

Lily

Lily Fontas
CPT, LWM, Ed.M
www.lilyfontas.com
info@lilyfontas.com



Resolutions... Done Right

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Ever start listing your goals and get immediately overwhelmed? You are not alone! It's easy to go from motivated to wanting to crawl back into bed when your list is a mile long.

Don't worry...we are going to work on this together. Before we get in challenge conquering mode let's assess where you are now. This will allow you to track your progress and and take stock of the wins you've already had.

Still have areas to grow? That's what we are here to help each other do. Ready? Let's get going...

Before I begin I'm feeling...

A large blue rectangular frame, intended for writing.

Setting Intentions

Reflect on each area and record how satisfied you are from 1 (not satisfied at all) to 10 (100% fulfilled!) Be real and honest, this will help you get the best support. No one is perfect but we all have areas of growth and celebration.

When you're done total each column at the bottom on the orange line.

Career

Friends

Self Care

Finances

Spirituality

Nutrition

Adventure

Partner/Dating

Body Image

Career Path

Family/Community

Fitness



Goal Analysis

(AKA how to focus on parts of your life without getting overwhelmed!)

How did it feel to go through those areas? What emotions came up? Were you surprised by your evaluation? What surprised you?

Now is the time that we choose what we are going to focus on. You are going to choose two (yes...JUST TWO!) during this exercise.

This doesn't mean you won't focus on the others at all- instead this will allow you to have the clarity you need to succeed. Remember that frenzied anxiety that comes with a long to-do list? We will avoid that by being precise and deliberate as you choose your top priorities.

If you're wondering how on earth you're supposed to choose, take a breath. One way to go about this is to pick the two areas with the lowest ranking. Take a look at your self-assessment and if you have more than two areas that need a boost listen to your gut. This workbook can always be used again throughout the year too! If all else fails flip a coin and get started with the next section.

Remember- fear is normal and natural when it comes to change. Don't stop now...we are just starting to get you the life you've always dreamed about.

Let's prioritize to get you the results you deserve...ready?

Goal Analysis

Pick 2 Areas

You'd Like to Focus On Over the Next 3 Months

-
1. What would you add to your life?
 2. What would you remove?
 3. What would you keep and celebrate?

Area #1:

Choose a word(s) to describe how
you feel about this change:

(Cat got your tongue? Word Bank on the next page!)

Word Bank

(for when you need a boost or inspiration)

Invigorated

Nervous

Excited

Empowered

Determined

Frightened

Unsure

Encouraged

Skeptical

Dedicated

Powerful

Independent

Satisfied

Vibrant

Vivacious

Whole

Well

Lonely

Celebratory

Certain

Electrified

Happy

Scared

Area #1- Steps

"Rules"

Stay positive and focus on what you want to achieve
Keep it simple and don't overburden yourself

Specific Who/What/Why/ Where/When	Measurable How much? How often? How many?	Achievable How realistic is this goal? (1-unicorns are real, 5-feet on the ground)	Relevant Is this step aligned to one of your (2) goal areas?	Time Completion date?
● ● ● ● Meal plan ahead of time	● ● ● Shop on Sunday, cook on Sun. & Wed., pack lunch the night before	● ● ● ● ● 4- key is to shop on Sunday!	● ● ● ● Yes- I want to have more energy & I need to eat more to get there	● ● ● ● Complete (4) Sundays in a row, then re-evaluate plan
● ● ● ●	● ● ●	● ● ● ● ●	● ● ● ●	● ● ● ●
● ● ● ●	● ● ●	● ● ● ● ●	● ● ● ●	● ● ● ●

Goal Analysis

1. What would you add to your life?
2. What would you remove?
3. What would you keep and celebrate?

Area #2:

Choose a word(s) to describe how
you feel about this change:

(Cat got your tongue? Refer to your Word Bank!)

Area #2- Steps

"Rules"

Stay positive and focus on what you want to achieve
Keep it simple and don't overburden yourself

Specific Who/What/Why/ Where/When	Measurable How much? How often? How many?	Achievable How realistic is this goal? (1-unicorns are real, 5-feet on the ground)	Relevant Is this step aligned to one of your (2) goal areas?	Time Completion date?
● ● ● ●	● ● ●	● ● ● ● ●	● ● ● ●	● ● ●
● ● ● ●	● ● ●	● ● ● ● ●	● ● ● ●	● ● ●
● ● ● ●	● ● ●	● ● ● ● ●	● ● ● ●	● ● ●

Reflection

If my desire to grow changed one part of my life it would be ...

The main thing I hope to change is ...

My main focus going into the New Year is to feel...

By committing to positive change, these things would be a part of my day to day life...

A Final Word...

Making changes isn't effortless. Our minds are designed to keep us safe, so altering your life (even for the better) is often rife with emotion and self-doubt.

The goal of this guide is to help you realize that the change you desire exists. Take the time to envision exactly where you want to be. When you are challenged use that to keep you afloat as you forge ahead. There is no "perfect" journey, persistence is the key to success and you must find a way to continue on when life gets bumpy.

You are not a victim of circumstance. You have the ability to decide right now what you want. Some people will say they want something but are unable to commit to taking action. Be kind to yourself, nurture that part of you that needs the most tender care and you'll be surprised by how much easier life gets.

In my practice as a coach, educator and women's fitness expert I'm often asked about the "secrets" to success. Reaching thousands of women worldwide has allowed me to see each individual as full of promise, hope and achievement. Honor your own experiences so that you can enjoy your road to victory. The most satisfied clients I have are the ones who find a way to care for themselves in a way that also brings them joy.

It's not about a certain diet or fitness plan. It's about being brave enough to listen to yourself and experiment with new ways to feel amazing in the gym and beyond.

A Final Word...

I'm excited for you to get started this year! "Resolutions Done Right" is designed to help you get crystal clear on your intentions for the coming months. Take your reflections and use them to propel you forward...and don't forget to let me know how you're doing.

I appreciate your willingness to try something new this year, and I want to offer you a special gift to honor your commitment. Instead of guessing what's best for you, why not consult with an expert about how to get it right this year?

I'm offering 10 women a complimentary 30 minute wellness session in January 2018 (details on the next page). During this time I will provide you with powerful recommendations that are customized to you. Space is limited to just 10 women for this free offer. This guide is being sent to 1000+ so please reach out today to ensure that we can connect early in the year to propel you forward. I can't wait to see you rock your goals!

I'm here for you and I can't wait to see how your life unfolds in 2018. Here's to you!

Love & Health,

Lily

Lily Fontas
CPT, LWM, Ed.M
www.lilyfontas.com
info@lilyfontas.com



Book Your

Virtual Wellness Session

*limited offer- claim your spot today!
(10 available)*

- Get clarity on the body and life that you want
- Determine crystal clear steps to achieve your fitness goals
- Discover what's stopping you from getting started
- Private 30 minute consultation to define your path to success

Claim Your Spot!

<https://www.lilyfontas.com/wellness-strategy-session>