

The Summer Boost: Revise, Don't Quit Worksheet

A 4-Step Reset to Get Back on Track

We all fall off track sometimes—busy schedules, family chaos, late-night cravings, you name it. That doesn't mean you've failed. Use this framework anytime you feel stuck to reset with confidence instead of quitting.

1. Reconnect with Your Why

When your goal is anchored to a meaningful why, it becomes more than a task—it's a reflection of who you want to be, which keeps you motivated long after willpower fades.

Ask yourself: Why did you set this goal in the first place?

Now go deeper. Ask yourself "why?" four more times in a row—each answer building on the one before it—until you uncover the deepest reason this goal matters to you.

 **Write it out:**

2. Reassess Your How

Was your plan realistic for this season of life? What tripped you up?

- What part of my plan felt too rigid?
- What outside factors (time, energy, family, work) got in the way?
- If I looked at this like a scientist—not a critic—what's the data telling me?

 **Reflect:**

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3. Revise the Strategy

Adjust the logistics, not the goal. Create a backup plan that fits real life.

- What's one small adjustment that makes this more doable?
- What would "good enough" look like right now?
- If Plan A doesn't work, my Plan B is...

Brainstorm:

4. Return with a Realistic Win

End with momentum. Choose one simple action that gets you back in alignment today.

- My next win will be...
(ex: go for a 10-min walk, prep protein for tomorrow, lights out by 10pm)
- When I finish this, I'll feel...

Decide:



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