

My Time to Shine - Project Lisa

So we have just had our final weigh in for this challenge - and I'm feeling a little deflated to say the least. Over the whole 12 weeks I have only lost 3.7kg and 15cm - I truly was expecting a better result - I felt like I had worked hard this time around... Obviously not as hard as I thought, I had a bit of a teary when I had a look at my results, I can't believe I cried over it - but I seem to be doing that a lot lately! I guess I just got really upset and angry with myself because as I said before I really thought I had worked harder.

I have on my phone a reminder I set quite awhile ago, at 7am that reminder goes off and it says 'be better' - that's it 'be better' I wrote that reminder in my phone because I just feel like I am failing miserably at everything I try to do, and I feel like I need to 'be a better mum', 'be a better wife', 'do better at study', 'do better at work', 'do better at eating', 'do better at training', 'be better at keeping the house in order' and the list goes on - so I wrote that reminder to remind myself, and every morning at 7am that's what I see 'be better'. I have decided it's time to delete that reminder, how can I be the best version of me, when all I allow myself to focus on is the worst of me and I have focused so hard for so long on the fact that I am not good enough, that it has really put a weight on my shoulders and made me feel miserable and inferior to everyone. Now I'm not saying I don't need to work harder, because I do, but I do need to get rid of the mind set that I'm not good enough. I instead want to focus on 'being myself'. I actually have a lot to offer, I just need to get rid of all the negativity floating around in my head!

On another note - whilst my results weren't great - I did still achieve a lot this challenge, I did my first 5km run - and what an experience! I have decided I would like to focus a bit more on running, because whilst it nearly kills me - I do actually enjoy it! I also can 'burpee' properly now, no more of this 'stepping out' crap for me, I can now jump out :P I can do a sit up, I can plank for at least 60 seconds, I can wall sit for 60 secs after a tremendous amount of star jumps on the mat and the best achievement - exercise has now become so ingrained in my life that instead of finding excuses not to do it, I find reasons why I should - I also plan around my workouts, because they have become so important to me. Don't get me wrong - things happen and I might miss a class - but it's not me finding excuses.

In the past 'not so awesome' results may have had me thinking 'forget it I give up' - but I'm a bit more stubborn since joining CDPT and I'm not willing to give up quite so easily, I am in the exact right place I need to be, I am surrounded by supportive people, awesome trainers and I have goals I need to smash!