



You are NOT a Failure!

by Lorraine Wallace

Do you start off with good intentions to eat well and exercise but after a week or two, it all falls by the wayside? You're not alone.

I was inspired to write this following a lecture by author/speaker Gretchen Rubin, as her theory makes sense when it comes to our behaviours.

In talking about why some people are unhappy due to unfulfilled goals, lack of motivation etc, Gretchen explains her framework that helps people to better understand themselves in order to set themselves up to achieve and ultimately create happiness.

The framework is simple. There are 4 types of people; Upholders, Questioners, Rebels and Obligers.

I'll briefly describe the first three but the last is what I feel is most appropriate for those who feel like a 'failure'.

Upholders: Respond well to internal and external expectations, ie expectations they make of themselves and that others make of them. They get on with it, juggling it all fairly effortlessly.

Questioners: Question all expectations. If it makes sense they'll do it. They can exhaust themselves with the need to constantly research and answer questions.

Rebels: Resist all expectations and do what suits them at the time, most of the time.

Obligors: This is where it gets interesting. Obligors cope well with all external demands made of them. They are people pleasers, they make time for everyone else but do not make themselves a priority. And it's all down to accountability.

If they are accountable to someone, they have committed to something or someone, family member, boss, school etc., they will rise to the challenge. But when it comes to prioritising their own needs, they only have themselves to answer to and so they struggle. They cannot achieve their goals. This makes them unhappy with themselves and they consider themselves a failure.

IT DOESN'T HAVE TO BE THIS WAY!

As an obligor you have a multitude of strengths, but you are so busy that you'd rather let yourself down than others. You are unlikely to commit sufficiently to achieving your own goals alone. That doesn't make you a failure, it simply means you need to find a support system to set you up for success!

Realising that it's not simply about willpower and that you are not a failure can create a huge shift in thinking. Recognising that you simply need someone or something to keep you accountable is very empowering.

You could join a gym (accountable due to the money investment), but more likely as a people pleaser, you'd respond well to something more personal. Teaming up with a friend to walk/cycle/run 3 times a week, or you could hire a health coach like myself or a personal trainer.

This is just the tip of the iceberg, as other emotional reasons may be contributing to your lack of success, but for now, I just want you to know that you are not a failure!

On my website there is a free extended guide with meal planning sheets to get started. Visit www.lorrainewallace.com/free-stuff/

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