



Have you completed weigh-in number two? It should show some progress, but don't forget to factor in your other measurements as well; sometimes inches disappear faster than pounds! Also take the time to reflect on other lifestyle factors. These include your energy levels, sleep quality and mood.

No matter your progress, if you've been following the system – the WHOLE system, and not just one or two parts – this is a good time to congratulate yourself. On the other hand, if you look through your journal and see a lot more “off” days than you'd like, it's a good time to deal with these Diet and Exercise Detours.

These detours come up from time to time in anyone's life. No matter who you are, there are times when you just aren't able to follow your TLS® Weight Loss Solution plan to a “T.”

Again, this happens to everyone. The difference is how you react. Like every other part of your journey, we've got your back. If you're ever coming back from a binge, try these steps:

- 1) **OWN YOUR DECISION.** Simply acknowledge and admit to yourself that eating that particular meal was not in your best interest. Then move on.
- 2) **FORGIVE YOURSELF.** You're not a failure, you're not hopeless, and believe it or not, you're still on your journey!
- 3) **CONSIDER THE TRIGGER.** Even Superman has to deal with kryptonite: what was YOUR trigger? Job stress? Relationship worries? An unexplained craving? Whatever it was, give it a name – it will make it easier to spot in the future.
- 4) **FAIL-PROOF YOUR ENVIRONMENT.** Thought you were keeping those cookies in the house for friends and family? Didn't bring your own healthy snacks the day of the office party? Well, now you know better. It's all about learning!
- 5) **CHOOSE THE RIGHT INFLUENCES.** Spend as much time as you can with those who truly understand and respect what you're doing, and support the changes you're making. This might mean explaining things to well-meaning family members who offer second helpings, or give you desserts as presents. Do the same with friends.

Above all, remember one occasional misstep is minor compared to the many that you've already taken in the right direction. Aim simply for progress on your journey, and forget about “perfection” – it's the surest way to stay on the road!