



**5 STEPS TO
GET STARTED &**

ACHIEVE YOUR GOALS

Learn how to create a routine that fits
your busy schedule, keeps you on track,
and helps you achieve your goals
effortlessly.

 @alignedcoaching_bydori

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WELCOME ABOARD

Hi, I'm Dori

Are you looking to take control of your life gain your old energy back, get confidence and achieve a toned and healthy body?

Then pay attention, this will be some of the most important information you'll ever read.

These are the very same strategies that have helped all my clients change their lifestyles and bodies, and I can't wait to share them with you!

Since 2020, I've personally helped women achieve a sustainable lifestyle and reach their dream body without giving up on eating out and social life.



IN THIS GUIDE, YOU WILL LEARN:

- How to create a realistic routine that fits your lifestyle.
- The no.1 mistake that keeps you from staying consistent.
- Why skipping planning is holding you back.
- The best way to track your progress and stay motivated.
- How to build habits for long-term health and balance.

...SO LET'S GET STARTED!

STEP 1: How to create a routine

Creating a routine starts with understanding your priorities and finding time for what truly matters. Begin by looking at your weekly schedule and spotting small blocks of time that you can dedicate to healthy habits like exercise, meal prepping, or self-care.

Start with simple, achievable actions, such as a 20-minute walk or prepping meals for the next day, and schedule them as non-negotiable appointments.

Consistency is key, so aim to stick to the same time slots each day to build a sense of rhythm. Over time, these small steps will become second nature, forming a routine that works seamlessly with your busy life.

THE SECRET? START SMALL!

Focus on mini-goals that are easy to achieve and build your confidence. For instance, commit to drinking an extra glass of water each day or adding a 10-minute stretch session before bed. These small wins create momentum and prove to yourself that change is possible.

Over time, you can gradually increase the challenge, like extending your workouts or prepping meals for the entire week. By starting small and scaling up at your own pace, you'll avoid burnout and create habits that stick, giving you long-term results that feel effortless.

Remember, progress isn't about perfection—it's about showing up consistently.



STEP 2: Identify the barriers

The No.1 Mistake That Keeps You From Staying Consistent

Most people, when trying to improve their lifestyle, make the mistake of jumping in with too many goals all at once.

They aim to exercise daily, eat perfectly, sleep better, and more—all while managing work, family, and other responsibilities.

This overwhelming often leads to burnout before they even get started. When they don't meet their expectations, it feels like a failure, and they end up giving up.

The problem?

Overloading yourself with goals creates unnecessary pressure, which makes consistency impossible. Studies show that 92% of people fail to achieve their New Year's resolutions, often because they set unrealistic goals that are too difficult to maintain.

This is a big issue because without consistency, there's no progress.

Achieving long-term adherence and balance depends on small, manageable changes, not dramatic, unsustainable shifts.

By addressing this now, you'll set yourself up for lasting success—because without consistent action, your health goals will continue to feel out of reach.

MEET ANA

Ana, a busy working mum with a 9-to-5 job, struggled to find time for herself. Drained after work and overwhelmed by family obligations, healthy eating and exercise felt impossible. Feeling stuck and frustrated, she decided it was time for a change, so we had a chat and got started.

In just 3 months, she has:

- Built a sustainable routine that allows her to meal prep, train, and still enjoy downtime with her family (3 days/week - home workouts)
- Dropped 12kg
- Gained confidence, and she had never felt this good in her body for years.

I couldn't be more proud and thrilled for her.

She did the work by following our proven program step-by-step, reaching out whenever she felt stuck or unsure, and trusting the process, even when it felt challenging.

And now, Ana has achieved real, life-changing results. She feels stronger, more energised, and finally in control of her health and wellbeing—all while maintaining balance in her busy life. Her transformation is proof that it's not about perfection but about consistency, patience, and taking one step at a time.



"I can't believe it! I feel and look better than 8 years ago when I was 60kg"

STEP 3: Start planning

Why Skipping Planning is Holding You Back

Skipping the planning phase is one of the biggest reasons many women struggle to stay consistent. Without a clear plan in place, it's easy to feel lost or unsure of where to start, leaving you more likely to fall back into old habits.

Planning doesn't mean spending hours each week; even small, intentional actions can make a significant difference. For example, taking just 10 minutes at the start of your week to outline your workouts, meals, and self-care activities can help you create structure and stay on track.

Planning is so important because it reduces decision fatigue—the mental exhaustion that comes from constantly having to make choices throughout the day. Without a plan, you're left scrambling to figure out what to eat, when to exercise, or how to prioritise your health amidst a busy schedule. This lack of direction often leads to impulsive decisions, like skipping workouts or grabbing unhealthy meals out of convenience.

When you have a plan, you're essentially giving yourself a roadmap to follow. It allows you to stay focused on your goals, even when life gets hectic, and it provides a sense of accomplishment as you tick off tasks. Did you know that people who set specific goals and write down their plans are significantly more likely to achieve them?

By planning ahead, you take control of your time and create a foundation for long-term success.

STEP 4: Track Your Progress and Stay Motivated

Many women set health goals but don't track their progress, which makes it hard to stay motivated. Without seeing results, it's easy to feel like nothing's working and give up too soon.

The key to staying motivated is to track your progress in simple, effective ways. Tracking your progress helps you see improvements, stay focused, and stay consistent. Even small wins, like completing a workout or feeling stronger, can boost your confidence and keep you going.

How to Do It:

- Pick a method: Use a journal, app, or progress photos to track workouts, meals, or body measurements.
- Keep it simple: Log your workouts or meals a few times a week.
- Celebrate progress: Focus on small wins, like lifting heavier weights or sticking to a meal plan.
- Adjust if needed: Look at your progress and tweak your plan to keep improving.

Kate, one of my clients, felt stuck because the scale wasn't changing. Together, we tracked her bodymarkers and took monthly photos.

After just a few weeks, she could see and feel her progress—stronger, healthier, and more confident. Now, tracking motivates her to keep going.

When you track your progress, you'll see real results, stay motivated, and feel proud of how far you've come.



STEP 5: Build Habits for Long-Term Health and Balance

Many women try to overhaul their routines all at once, which often leads to burnout and frustration. Big changes feel overwhelming, and without a clear system, it's easy to fall back into old habits.

Building lasting habits starts with small, manageable changes that fit into your daily life. These habits grow over time, becoming second nature and forming the foundation for long-term health and balance.

How to Do It:

- Start small: Choose one habit, like a 5-minute stretch or drinking an extra glass of water daily.
- Track progress: Use a habit tracker or journal to monitor your consistency and celebrate small wins.
- Build gradually: Once one habit feels natural, add another. Slowly increasing the challenge keeps you motivated without feeling overwhelmed.
- Reflect and adjust: Check in with yourself regularly to see what's working and make changes if needed.

Rita, a client of mine, started by committing to a 15-minute walk each evening.

After a few weeks, she added meal prepping for two lunches a week.

Over three months, these small habits turned into a sustainable routine, and she now feels more energised and in control of her health.





THANK YOU

I HOPE YOU'VE FOUND THIS GUIDE USEFUL!

If you are **READY** to take control of your life without feeling overwhelmed, then...

Click the link below to apply for **FREE** coaching consultation

APPLY NOW

