

So, now it's been 6 months of my Slimming World journey. My weight loss is now 6stone 9pounds, and 1stone7pounds since last time I did this journal at the end of March and life generally feels better then it has for a long time now.

The last few months have not been an easy ride though. I did seem to lose focus on my journey for a while in the middle. My normally consistent weekly loss disappeared and I had two maintains and even a small gain in that time which is enough to knock confidences a bit – but then I have to just look at my overall weight loss and realise it's still over a stone a month that I've been losing since December 2008 and I realise I shouldn't be so worried. Yes, they are setbacks, but very minor set backs in relation to the overall journey.

My journey has also lead me to changing groups from a group near the office to a group nearer home. This was for a number of reasons – the least of which is that I now get home slightly earlier on a Monday evening, but it also now means that I have consistency – before if I had time off or was working from home on a Monday, I'd either have to drive up to work to weigh in, or go to a local group, now I'm at the same group regardless which is a help. There is no temptation not to weigh in at the “alternative group” and the damage that can cause to the journey. The fact there's another male at the new group that has already done the journey that I want to do is a great help – it reinforce to me that I can achieve what I want to achieve and that it is not an impossible or unrealistic goal.

My focus is back now. I passed the halfway mark to where I think my target is going to be this month and can now see the light at the end of the tunnel. It's still only a pin-prick of a light source, but at least now it's visible – something a month ago I couldn't have said.

The weight loss has had notable affects. I'm down another trouser size – that's 3 sizes since I started the journey. I really need to be measured up for a new wardrobe – the arms on my t-shirts that used to be an inch or two above the elbow are now an inch or so below the elbow and the shoulder seam is now sitting half way down the upper arm instead of at the shoulder. The revelations are happening on a weekly, maybe even daily basis. I can get into spaces at work I couldn't have gotten into before – sometimes I have to work in tight spaces and there were times I simply couldn't before now. I can now bend over and easily tie my laces – something I haven't been able to do for I don't know how long.

The biggest notable difference though – I have more energy for doing things. I've started work on my previously very neglected garden and more importantly I've re-found my love for walking that has disappeared and now make an effort for the last month to walk into town shopping on a Saturday, and any other opportunity that presents itself – including to weigh-in on bank holiday Monday. And if I'm feeling really energetic – I'll then still do another 30minutes of “free steps” on the Wii fit in the evening.

I'm determined more then ever now to loose this weight. I am still though only halfway through the journey. I still have another 6 stone or there about to loose. It's not going to be easy sailing, I know that. But I also now know that I can do it.