

My Slimming World Journey – 10 months on.

10 months now since starting Slimming World and life just keeps on for the most part getting better.

Typically – the week after filling in my 8 month journal back in August – I had a 2lb gain but managed somehow to follow that up with 7lb loss the following week.

It's not altogether been an easy two months. I did start to lose faith in the middle of August – even after that 7lb loss – as I still couldn't see an end in sight to this journey and although it was still coming off, I was starting to get impatient and wanting it all now rather than being prepared to work at it. This has been however the closest I have been to giving up so far. I fixed it by, on Bank Holiday Monday in August walking back from Weigh-in having a good old talk with myself and putting my head back on track. The key – as always – is that although there is always a bigger picture in mind – take it one target at a time – and vary those targets – yes the half stone stickers are nice, but sometimes there's other targets that can be met. I had already set myself one of getting my 10stone sticker by the end of October (realistically the first weigh-in in November) but there were so many others coming up shortly thereafter that also meant something. Breaking the journey down into these little stages and looking back at just how far I've come all just helped me get my thoughts back on track.

In fact the last three weeks have been one kind of target or another being reached. Three weigh-ins ago I got to the point of having lost 33% of my initial starting mass. The week after I got to the point of being 75% of the way to my goal and last week – I got my 9 and a half stone weight loss sticker (along with Slimmer of the Month for September).

I have also made a phone call in the last few weeks – I have my “sit back and reassess” point (or what some people would call a target) – where by I do just that, sit back, and reassess whether to actually call target or to go for another half stone or even a full stone or more. I wanted to find something to celebrate when I got to the 10 stone mark, but the one thing that did spring up I can't do at that point in time – I'd still be too heavy. However the upper weight limit is also co-incidentally my “sit back and reassess” weight. So – my only question now is can I lose that further 3stone 1.5lb to get to that weight in time for the end of March – which would be an ideal time to celebrate as I can tie it in with another celebration then. It's only 1.7lb a week – more than doable with Food Optimising – even with Christmas in the way.

But firstly – I have that 10stone sticker to get, at the time of writing, that's 4 weigh-ins and exactly 7lb to go. Again – certainly doable. That's my primary focus.

A lot has changed over the last two months since my last journal entry. The key one for me is a source of personal irritation has now gone. Working in the head office of a clothing retailer – there was a personal humiliation that I couldn't, if I wished to, wear any of the clothes we sold. That's a problem no longer. I can – it seems – now freely buy most clothes from the high street rather than niche online retailers whilst taking advantage of the sales, etc. Still got a little way to go before I fit into all retailers' size limits – but as the saying goes – I'm getting there. To also have my 8



month journal picked up as the “Star Letter” (letter of the month) on the Slimming World website was fantastic. (Though the temptation of having the prize of two boxes of Hi-Fi bars is almost overwhelming me) and then later be told that a work colleague had been inspired a few weeks earlier to join Slimming World by my own results really also meant something.

Here is to 10 months and 9.5stone. And here’s looking forward to the next two months and reaching a year of food optimising. Hopefully I’ll be well on the way to what I think my next target will be – 11stone by the end of the year. If I can make 11stone in the next two months – even better. Wish it could be 12stone in 12months, but I have to be realistic and to be near that 11stone in 12months and then at 11stone or more by the end of the year would be perfect.