

# How To Face Challenges and Continue to Progress

Are you facing a  
challenge  
currently?

## When you face a challenge or setback, what mindset or strategy helps you stay focused and keep progressing?

**Simone:** Focus on consistency over perfection - on tough days/weeks, do the minimum, not nothing.

**Laura:** I just don't give myself an 'out'. Over time, I've learnt when things don't work for me (I'm not a super early person for training and evenings rarely happen for me now with Dottie). I know I won't do a workout if I've logged onto work and seen what the workload is. So for me, it's got to be before I log on. I never give myself an out, if I've planned it, it has to happen. The excuses get louder if I'm tired for sure, but I know I always feel better for doing it. I train for my mental health just as much as my body. Food is slightly harder, but the BEST thing for us is if it's not in the house, we don't eat it. Alcohol or treats if they are in the house, will get eaten and with all the will in the world, when it's been a long day, its really hard to avoid...so its never bought and we don't have it in the house.

**Jen:** Just thinking that we never stop starting again. Also, recognising that a lot of the time I do things because I know they are good for me, and I will enjoy the outcome, not because I necessarily want to do them in that moment.

## When you face a challenge or setback, what mindset or strategy helps you stay focused and keep progressing?

**Natasha:** For me it's consistency over everything else. There will be periods where time and energy are low, and that's ok. It might not be a 2-hour, full intensity session... it might be 45 minutes, headphones in, get it done. But showing up still counts. That's what builds results and, more importantly, builds your identity as someone who follows through.

**Clodagh:** When I face challenging times, I focus on good enough, not perfection. If I'm tired or don't feel like it, I still stick to my planned workout days. It doesn't matter how I feel, I've set that standard for myself. Some sessions aren't great, but that's not the point. It's about showing up and getting it done. A nice quote that might help is "I don't need to feel ready, I just need to begin." If I genuinely don't have the energy, I'll go for a walk instead. That way I'm still doing something and keeping the habit going.

I always come back to the question: what small thing will move the needle today? That helps me stay focused without overthinking.

With food, it's the same approach. On days when things aren't planned, I aim for good enough. One thing I always focus on is: where is my protein? That applies to meals and snacks. Sometimes the combinations aren't perfect, but it's still about making a decent choice in the moment. And I remind myself, you can always make the next meal better.

When my mental strength dips, I listen to David Goggins. It's not for everyone, but for me, it cuts through the excuses and helps me reset and push forward again.

## Share a specific example where you overcame a difficult situation, and what you learned from it?

**Simone:** During busy/stressful weeks, instead of skipping everything, I stick to basics (steps, simple meals, shorter workouts). It keeps things ticking over and stops the 'all or nothing' spiral.

**Laura:** I've got endometriosis so every month there's a few days that are pretty bad with extreme bleeding and pain. I've been struggling with severe fatigue for a long time because of it, the week before I honestly feel like I have to drag myself through a day, joints feel like they are on fire and horrendous back pain that holds me back in exercise. Low energy has meant I crave sugar really strongly. I've really struggled to keep up with a training plan for an event I've got in July and feel pretty bummed out that I'm weaker than everyone else even though I'm trying really hard. For a time, I felt pretty sad and bummed out with the lack of treatment options - 'this is just what it is' I was told.

I had surgery last year, I wasn't allowed to train for 8 weeks which was really hard. Over the past 4 months, I've accepted it and been pretty annoying to the GP for blood tests and meds that I've read and researched about. I had to really fight for them, but I know my body best and honestly, now I'm on them it's HUGELY improved.

What I learnt was that you have to advocate for yourself, accept its strengths and weaknesses and find a way through. Endo isn't going anywhere for me, but I'm not going to stop training or pushing because of it!

## Share a specific example where you overcame a difficult situation, and what you learned from it?

**Natasha:** When my wedding was cancelled and the war started in Dubai, my nervous system was completely shot for a few weeks. It taught me that we have to protect our energy - but that can look different depending on the situation. Sometimes it's slowing things down, leaning on people, and giving yourself a bit of grace. For me, I shortened my workouts, used pre-cooked meals to make good choices easier, and spent my daily walks listening to an audiobook to properly switch off. You need those little regulators when stress is high. It's about adjusting, not stopping.

**Clodagh:** I've been injured twice in the last month and couldn't train for two weeks, which was a big mindset challenge for me.

Instead of giving up, I had to shift focus and prioritise recovery. In that time, I focused on what I could control, especially nutrition, and I stayed consistent with that.

What I learned from it is that I was probably pushing my training too hard and not taking enough rest. My stress levels and fatigue were also high, but I ignored the signs. It made me realise you can't just push through everything (a hard pill for me to swallow), recovery has to be part of the plan, not something you only think about when you're forced to stop.

## What practical advice or habits would you recommend for maintaining momentum during tough periods?

**Simone:** Lower the bar, don't skip completely. Stick to a few non-negotiables (steps, protein, 2-3 workouts). Reset quickly - next meal... not Monday!

**Laura:** Make your environment supportive (nutritious food options and remove the stuff that holds you back). Go to bed early, sleep is everything, your brain is much more on your side with sleep. Sometimes, having the moment of feeling frustrated is good...it shows you what you want then use the frustration and anger to find a way through because there always is.

**Natasha:** Have your anchors - the few things that keep you feeling like you. Get the harder things done early where you can, so you've already won part of the day. And keep your protein high. Even if things aren't perfect and you go a bit off track with snacks, that one habit keeps you in control and moving forward.

**Jen:** Focus on the basics and keep things simple. Ask for help; you don't have to do everything yourself and your partner and family won't know you need help unless you tell them, specifically, what you need.

## What practical advice or habits would you recommend for maintaining momentum during tough periods?

**Clodagh:** During tough periods, the main thing is to lower the bar but keep the habit going. I always have a “minimum standard”. Consistency doesn’t come from perfect days, it comes from having a pre-decided plan for imperfect days. For workouts, even if I’m tired, I’ll still do something, a short session, or if that’s not possible, a walk. It keeps me in the routine instead of stopping completely. With food, I keep it simple. Planning helps, even loosely. If I know my week ahead, I can prepare for busy days and avoid relying on willpower when I’m stressed or tired. Bad days are not the problem. Unstructured responses to bad days are the problem.

And, I try not to let one off day turn into a spiral. It’s okay to be flexible sometimes, but too many ‘write-off’ days can slow progress down. The goal is always to just get back to the next good decision as quickly as possible. I don’t need perfect days, I need consistent ones. I just take the next normal action.

What will you take  
forward into the next  
7 days?