



## Top Ten Choices: How to deal with your Plateau period

Ten Choices	Healthy	Unhealthy	My Choice Give details of the kind of Action you want to make
1	Eat the best energy giving foods which you enjoy	Choosing to eat more carbs, sweet foods and chocolate	
2	Keep to the routine that keeps your body awake and lively	Sleeping in or lying in bed longer than usual	
3	Counteract depressive thoughts by strategies which work for you	Disbelieving in your own resilience and understanding that it is a temporary period	
4	Increase the exercise or sport of your choice	Skipping time for exercise or sports	
5	Keep meals at the same time which suit you	Skipping meals	
6	Breathe and praise God for this time.	Trying to force the situation to change	
7	List the advantages of a plateau period and how you can consolidate your knowledge	Repeat your story that you are getting nowhere	
8	Pray expecting an answer	Moaning	
9	Reject resistance and do anything that empowers you and builds your self confidence	Allow resistance to take hold, making self-doubt your companion	
10	Listen to the stories you tell yourself, family and friends and ensure they are positive	Listen to the stories you tell and notice when they are told (even in jest) with a victim centred conversation.	

I pray that you will receive God's comfort at times when your plateau period is frustrating and you want it to end as soon as possible. May Holy Spirit give you patience and knowledge on the very best way to experience this period.

All the very best and feel free to contact me [ladey@ladeyadey.com](mailto:ladey@ladeyadey.com) about any part of your journey.

*Ladey*