Corset Training Plan

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*Design a corset training plan based on **your** lifestyle & daily schedule.*

1. Print out **your** plan, or jot down the titles on a piece of paper.
2. Fill out **your** plan based on the info below; use the examples to get an idea, but ultimately it needs to fit **your** schedule.
3. Put **your** plan somewhere **you** always look (mirror, wall, desktop/phone screensaver, etc). Read it every day. Do as it says.
4. STICK TO **YOUR** PLAN! **You** based it around **your** schedule/lifestyle, so it should work. Don't cheat **yourself**.
5. Reach **your** goals & get rewarded. (BEST PART!)

*Check out this blog post for more info.

Why/Goals

Whenever **you** feel discouraged, read **your** 'why' and remind **yourself** WHY **you** are corset training! It could be for a holiday, vacation, new clothes, weight loss, confidence boost, or just because **you** want to. **You** do not have to explain **your** why or **your** goals to anyone. BE SPECIFIC IN YOUR GOALS.

Rewards

Reward **yourself** for sticking to **your** plan & reaching **your** goals. Please do not use food as any of **your** rewards; this is including, but not limited to: celebration dinner, a "little treat", going out for drinks, etc. Choose a reward that **you** will benefit from; examples are below.

Schedule

Be specific! **You** are tailoring this corset training plan to **your** lifestyle and schedule. There is no one-plan-fits-all, that is why **you** are creating the schedule, not me. I did, however, include example schedules; use one or mix them if it feels right.

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EXAMPLE

My Why / Goals

- close current 20" corset & size down to 18"
- reach & maintain goal weight of 120 lbs (lose 10 lbs)
- make my waist more curved; go from 26" to 24" waist
- feel snatched, sexy, & confident
- revenge body - prove people wrong
- back to before-the-baby body
- fit back into smaller sized clothes

EXAMPLE

My Rewards

- new corset (or clothes, shoes, etc)
- professional photoshoot
- luxurious spa day (or DIY spa day: facial, massage, nails, hair)
- mini vacation / staycation
- a do-nothing day
- spend the day at the museum, park, beach, library
- journal feelings about reaching goals

Schedule to Hit My Goals & Get Rewarded

EXAMPLE

example 1

Weekdays: during class/work + while I sleep
Sat/Sun: only to bed

example 2

every day: 10 hrs a day

example 3

Mon/Wed/Fri: 8am-2pm & 5pm-10pm
Tue/Thu: during work
Sat: 5 hrs min (anytime)
Sun: all day, take off for bed

example 4

Mon/Wed: 12pm - 6pm (6hrs)
Tue/Thu: 9am - 5pm (8hrs)
Fri: no corset
Sat: only to bed
Sun: only to bed

example 5

Mon: 9am - 5pm (8hrs)
Tue: 9am - 5pm (8hrs)
Wed: 9am - 5pm (8hrs)
Thu: 9am - 5pm (8hrs)
Fri: 9am - 5pm (8hrs)
Sat: break, or only to bed
Sun: break, or only to bed

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My Why / Goals

Schedule to Hit My Goals & Get Rewarded

My Rewards