

Program Yourself Thin Course Checklist

Classes

Put an X next to the class after you complete it.

	Introductory Class: Body Design Session
	Class #1: Designing Your New Self Image
	Class#2: Installing Your New Self Image
	Class#3: The Science of Personal Change
	Class #4: Eliminating Emotional Eating
	Class #5: Controlling Cravings
	Class #6: The Language of Success
	Class #7: Strategies for Permanent Weight Loss
	Class #8: Ultimate Success

Self Hypnosis Sessions

Put an X next to the session after you listen to it. (no specific order is necessary)

	New Healthy Cravings
	Mastering Emotions
	Weight Loss Session
	The New Thin Me
	Body Design Session Booster
	Progressive Relaxation
	Upward/Downward Spiral
	Firing Up Your Metabolism
	Letting Go of the Past

Videos

Put an X next to the video after you listen to it. (any order of watching is fine)

	Pavlov's Weight Loss
	Keep Talking to Yourself
	Changing Habits
	Your Dream Body
	Instant Relaxation
	Perception is Reality
	Have You Been Tricked?
	What is Beauty?
	Subliminal Advertising
	The Power of Words
	Self Hypnosis Trance
	The Weight Loss Elixir
	Relax at the Beach
	Paradigm Shift

Ebooks

Put an X next to the ebook after you read it. (no specific order is necessary)

	Change Your Mind, Change Your Life
	177 Ways to Burn Calories
	Insider Nutrition Secrets
	Holistic Healing Secrets

Program Yourself Thin Daily Coaching Checklist

Print this out and put a big X (preferable a red one) above every day that you complete.

Week 1

DAY 1: The Hypnotic Programming State	DAY 2: Who Are You?	DAY 3: Who Do You Want To Be?	DAY 4: A New Measurement of Success	DAY 5: The New Thin Me	DAY 6: It Can Happen	DAY 7: The Joy of Relaxation

Week 2

DAY 8: Language of Control	DAY 9: RAS (Reticular Activation System)	DAY 10: Theatre of your Mind	DAY 11: Stretching Your Imagination	DAY 12: How to Play	DAY 13: Role Models	DAY 14: Deep Relaxation

Week 3

<u>DAY 15:</u> Your Two Minds	<u>DAY 16:</u> How You Think	<u>DAY 17:</u> Certainty/ Beliefs	<u>DAY 18:</u> No Failure, Only Feedback	<u>DAY 19:</u> Have You Decided Yet?	<u>DAY 20:</u> Association/ Disassociation	<u>DAY 21:</u> Relax and Go to the Beach

Week 4

<u>DAY 22:</u> How do you want to feel?	<u>DAY 23:</u> Emotional Mastery: Gratitude	<u>DAY 24:</u> Emotional Mastery: Confidence	<u>DAY 25:</u> Emotional Mastery: Excitement	<u>DAY 26:</u> Emotional Mastery: Accomplish- ment	<u>DAY 27:</u> Emotional Mastery: Energized	<u>DAY 28:</u> Emotional Mastery: Relaxation

Week 5

<u>DAY 29:</u> Emotional Mastery: Desire	<u>DAY 30:</u> Emotional Mastery: Patience	<u>DAY 31:</u> The Power of Pain	<u>DAY 32:</u> The Power of Pain: Boredom	<u>DAY 33:</u> The Power of Pain: Regret	<u>DAY 34:</u> Power State: Indifference	<u>DAY 35:</u> Just Let Go and Relax

Week 6

<u>DAY 36:</u> The Power of Pain: Overeating	<u>DAY 37:</u> Solution Oriented Thinking	<u>DAY 38:</u> Self Talk: Questions	<u>DAY 39:</u> Self Talk: Be Nice To Yourself	<u>DAY 40:</u> Self Talk: Speaking Confidently	<u>DAY 41:</u> Give Yourself a Hug	<u>DAY 42:</u> Take a Rest

Week 7

<u>DAY 43:</u> Eat Like A Gourmet	<u>DAY 44:</u> Enjoyable Exercise	<u>DAY 45:</u> Pure Refreshing Water	<u>DAY 46:</u> Fresh Living Fruit	<u>DAY 47:</u> Energizing Salads	<u>DAY 48:</u> Vital Vegetables	<u>DAY 49:</u> Restful Reflection

Week 8

<u>DAY 50:</u> Motivation Control pt.1	<u>DAY 51:</u> Motivation Control pt.2	<u>DAY 52:</u> Eat What You Want	<u>DAY 53:</u> Your Results	<u>DAY 54:</u> Excuses and Reasons	<u>DAY 55:</u> The Ultimate Success Formula	<u>DAY 56:</u> The Beginning