

Program Yourself Thin 2.0

Intelligent Weight Loss

Training Module Two: Installing Your New Self Image

4 Stages of Learning

1. Unconscious Incompetence
2. Conscious Incompetence
3. Conscious Competence
4. Unconscious Competence

To get from:

- 1 to 2, takes Exposure (this class)
- 2 to 3, takes Learning (this class and life situations)
- 3 to 4, takes Practice (repeating it over and over)

Remember that through this process you're changing from the inside out. This is much different than the typical approach because the primary focus is not just your external behaviors, but also your internal thoughts and feelings. Obviously the external behaviors are what ultimately dictate your bodies shape, but the internal thoughts and feelings are what ultimately dictate your external behaviors.

So, we need to deal with both to get great results. This means that this approach to weight loss is going to depend greatly on learning, which is different than the all or nothing willpower approach that is usually used. Some things you do will work some won't, the big difference here is that you're going to be able to figure out why and fix it, until your new behaviors and body become automatic.

Important Note:

As you begin changing your habits make sure to change them from the perspective of your new self image. One way to make this much easier is to give your new self image a nickname. This will help to personify your new "persona" in an easy way. The more personal and emotional the better.

Ex: Some nicknames people have chosen for themselves:

The Goddess/God, Thin Me, Half-Pint, Slim, Sexy, Diva, etc.

What is your new nickname?

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2 Secrets to Instant Personal Change

1) Rapid Change vs. Step by Step Change

So many times we have been taught that change happens slowly, a little bit at a time. The truth is that real significant change happens instantly and when it does, it changes every part of that person in some way. Our self image is like the control center of our minds. Now rather than expecting change to happen one little piece at a time, we are going right to the heart of our behaviors. We want to focus our energy on changing the thing that influences all the other parts of our behaviors. When you do this, you will find change happening quicker

Example: Think about a defining moment in your life. A time when things instantly changed for you. A time when an event forced you to reorganize your entire world; your beliefs, values, etc. Some things that usually come up for people are, births, deaths, graduations, major accidents, big accomplishments, etc.

I want you to notice how your THINKING changed instantly and permanently after these events. Remember what change feels like, the different thoughts and awareness. We can model these kinds of changes so that we can get the results that we want, even when we are not experiencing these events.

2) Focus on what you DO want vs. what you don't want.

This is the golden rule of personal development. It is a universal law that whatever you focus on expands. Adopt the 90/10 rule, spend 10 percent of the time on the problem and 90 % on the solution, become solution oriented and your life will change. Remember that there is no such thing as failure, only feedback

Example: Think about your mind as a garden for a moment and imagine competing parts of your personality are plants, and your energy is the equivalent of water, sun, and fertilizer.

Let's say you are in a situation where your choices of reaction are nervousness and confidence. Common questions people will ask themselves are "Why do I get so nervous all the time?"

Now this energy goes right to the "Nervous You" allowing it to grow and become a bigger part of your personality. The alternative question is this, "How can I feel more confident?" This question directs energy to the "Confident You" and makes a confident response much more likely.



In order to truly understand how important your self image is, here are...

4 Key Points about How Your Mind Works

Key Point #1

Most of your behaviors, thoughts, and beliefs were learned from modeling

When you learned the alphabet it was obvious, you were intentionally learning something, but most of the learning that we have done in our lives has been through watching people. How did you know what to think about money? How did you know how to communicate with people? There are so many things that we automatically do without ever scrutinizing them because...

Key Point #2

Your unconscious mind runs the show

Imagine if you woke up tomorrow and had to relearn how to brush your teeth, take a shower, get dressed, tie your shoes, make breakfast, etc. You would never leave the house. Our unconscious minds are so powerful that once we learn something we are able to automatically repeat it without having to think about it. This can be good and bad.

Key Point #3

Your mind operates like a movie theatre

When you think:

**you make pictures and movies

**you "hear" sounds; voices, music (like the "Happy Birthday" to you song

**you imagine tastes and smells

and your body responds to these thoughts because...

Key Point #4

Imagination trumps logic every time

Have you ever been to a horror movie? Do you remember how you sat there with 100 other people feeling physically tense? Did you really have anything to be nervous about? No, but because you were imagining so vividly what was happening, your body responded even though you were safe in a theatre.



“If you don’t know where you are going any road will take you there.”

What is Your New Self Image

Being specific is important because it makes clear what you want. Remember clarity is power. When you drive to a new place it is important to look at a map and figure out how to get there. In creating a change it is the same thing. Very simply, you want to get to a different place than you are at now. So first define your goal, then describe how you are going to achieve it, and then write what you will gain most from reaching this goal.

What weight and clothes size do you want to attain and maintain? _____

If you woke up tomorrow at that weight and clothes size, what would it feel like?

How can you make weight loss and maintenance more fun and exciting?

What are some challenges you’ve overcome in your life?



Do you know anyone who has lost weight and kept it off for more than a year, who?

How do they think of food/exercise differently?

How do you want to feel about food?

How do you want to feel about exercise?

How do you want to think about yourself?

When have you been most successful at reducing your weight?



Finish the following sentences with the first thoughts that come to mind:
I've struggled with my weight in the past because ...

I would be able to control my weight if I could just ...

If I was at my natural weight I would have so much more...

Body Programming

Create a neutral state

- 1. Sit in a comfortable place, where you won't be disturbed.
- 2. Take 3 deep breaths, make sure you exhale completely
- 3. Progressive Relaxation
 Start with your toes and work up the front of your body, over your head, down the back.
- 4. Repeat as necessary

Establishing Communication with your Unconscious

- 1. Think about something you enjoy doing 100%. (something like laying on the beach or sleeping in on a day off)
- 2. Notice the physical response you have when thinking about it.
 -does your breathing change, do any muscles get tense, does the energy level in your body go up or down

Program your body to respond the way that you want it too

- 1. Imagine a situation where you want to feel a certain way in vivid detail
- 2. As you imagine it, intentionally influence your body to respond the way that you want it too.
 -how's the breathing, muscle tension, posture, etc.

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Theatre of the Mind Technique

Imagine that you are in your own theatre sitting in a very comfortable chair watching a movie screen. In front of you there is a control panel that directs what happens on the screen.

1. Identify a situation where you would like to use your new self image.
2. Create a movie of how this situation typically happens with your old self image, start the movie about 5 minutes before the behavior you want changed and end it 5 minutes after the behavior.
3. Watch the movie, and pause it at the end.
4. Rewind the movie watching and hearing it go backwards.
5. Go to the beginning of the movie and give yourself the new self image you want. If you want you can score the movie with music.
6. Replay the movie and see how it changes with this new self image. Notice all the differences about you: like how your posture is different, how you speak differently, how you breathe, etc.
7. If it feels good leave it alone and let it loop as many times as you want. If it doesn't feel right change it some more and replay it.