

Program Yourself Thin 2.0

Intelligent Weight Loss

Training Module Six: The Language of Success

“Whether you believe you can or can’t, you’re right.”

Paradigms

Paradigms are the unconscious models we use to understand the world. Paradigms are made up of our beliefs, values, and experiences. There is far too much stimuli in the world so we need to have unconscious filters of what’s important so that we don’t go crazy trying to pay attention to everything. Paradigms literally control what we see, hear, and feel. RAS (reticular activation system) is an example of this process. Have you ever had the experience of getting a new car and then all of a sudden begin to see them everywhere you go? This happens because the car has become important to you so your mind brings them into your awareness.

As you change your beliefs and values you begin to shift your paradigms so that you notice the things that are important to you and filter out the things that are not.

Our paradigms dictate our:

Presuppositions/Expectations- It is a natural process to pre-suppose what situations are going to be like. If you have experience with losing weight than that is going to influence how you approach it in the future.

Intentions/Outcomes - What is your intended outcome? What do you want to achieve and why? You know in your mind what your true intentions are. You have experienced the difference between having very specific and desired intentions and when they have not been clear or well defined.

How to Shift Paradigms

Experiencing a paradigm shift is easy, fun, and very enlightening. All you need to do is detach from your current paradigm and imagine a new one. It really doesn’t matter what the new one is because the realization that there is another one at all allows your unconscious mind to become more aware and begin adding new choices.

Two ways to shift paradigms:

AS/IF Frame- this works by approaching a situation as if you were the desired way. This allows your mind to recognize the difference between the current state and desired state, and make corrections.

Ex: I am going to imagine eating dinner as if I was completely able to relax and enjoyed eating just the right amount automatically.

Opposite Frame- this is easy because you just approach the situation the exact opposite way you normally would just to see how it is different.

Ex: What would it be like to sit in front of the computer completely satisfied, relaxed, and excited about how my body looked and how healthy I feel .

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Paradigm Shifts with weight control:

*If a genie walked into the room and offered you the choice of having your favorite food ever or waking up tomorrow morning at your goal weight, which would you choose?

*If the most important people in your life were taken hostage and wouldn't be returned unless you reached your target weight, would you feel different?

*If Donald Trump walked up to you tomorrow and said he would give you 10 million dollars if you reach your goal weight in 3 months, 5 million in 6 months, and 1 million in 12 months, would you feel different?

The Paradigm that Guarantees Success

If you want to get guaranteed results in your life than you must live out of a Solution Oriented Paradigm. This means that even when things aren't going well, you are constantly focused and thinking about solutions. This is not positive thinking, it is solution oriented thinking and the difference is that you recognize challenges and are always working towards solving them. If you overeat you begin thinking about how you can stop at the exact right moment next time. If you skip exercising, you think about what you can do to make it automatic next time. When this thinking becomes consistent, your focus, moods, and results will all improve.

Other Powerful Ways to Shift Paradigms:

Transformational Language

These following techniques are both easy and effective. When we operate out of a certain paradigm, we have specific language that go with it. Fortunately this process lets us know what the paradigm is and also makes it easy to change it. Play around with these different language patterns and apply them to your own experience. You will notice that it changes how you feel about the "problem". The key words to change are highlighted.

Examples:

I **need** to lose weight TO I **want** to be thin

I **can't** eat those foods TO I **decided** to skip those foods because I want to feel and look good.

I'm gonna **try** to start exercising TO I'm going to start exercising so I can look the way I want to. (eliminate the word "try" completely when you are talking about something you want to do)

Transformational Questions

Good questions are the key to comfortable change. Any time that you are struggling, the easiest way to solve that is to ask better questions. When you do, you unlock the creative parts of your mind and allow yourself to find positive solutions. **Remember: Spend 10% of your time on the problem and 90% on the solution.**

You do this through asking better questions.

Examples:

Why am I so addicted to carbs? TO How can I comfortably reduce the carbs in my diet?

Why is eating healthy so hard? TO What foods taste good and naturally lead me to my goal weight?

Why is losing weight such a struggle? TO How can I make weight loss more fun and exciting?

Why are fattening foods so tempting? TO When are some times when I overlooked fattening foods?



**“It is not the things that have happened to us that creates who we are,
But our beliefs about what those events mean.”**

Beliefs

Your beliefs guide your life. Your beliefs control your effort, motivation, and success levels right from the start. Beliefs can be changed once they are identified. You may find that just by becoming aware of your beliefs that they change. Others may need a little more attention.

In order to change a belief it is important to know the reasons that you believe it in the first place. Strong beliefs usually have many reasons why they are true or a strong emotional attachment to it. Weak beliefs generally don't have as many supporting factors and have little attached to it emotionally.

Transformational Beliefs

The good news is that you can change limiting beliefs into empowering beliefs. When you find ones that are holding you back, use these following examples to transform them into beliefs that support and motivate you. Examples:

Losing weight is a constant struggle TO reaching my goal weight is easy when I focus on the goal
The food controls me TO I decide what I eat based on how it makes me feel

What do you believe about the process of losing weight? _____

How do you know that belief is true? _____

What would you need to believe about losing weight for it to be easy and automatic? _____

What do you believe your natural weight is? _____

How do you know that belief is true? _____



What do you believe about “healthy” foods? _____

What would you need to believe about healthy foods to enjoy them more? _____

What do you need to do to reach and maintain your goal weight? _____

What are your beliefs about those things? _____

What would you need to believe for those things to be easy and fun for you? _____

What do you believe is the reason why you have struggled with your weight? _____

What would you have to believe for weight control to be really easy? _____

What has being overweight cost you in your life? _____

How is your life better when you are at your goal weight? _____
