

Program Yourself Thin 2.0

Intelligent Weight Loss

Training Module Eight: Ultimate Success

“Some of the best lessons we ever learn are learned from past mistakes. The error of the past is the wisdom and success of the future.”

-Dale Turner

The Ultimate Success Formula

1. Decide specifically what you want and why?
2. Figure out how you're going to make it happen, what are you going to do?
3. Take action.
4. Reflect on your results and adjust
5. Repeat process

Step One: What do you want?

The first step in creating success is to create intense motivation. You can do this by deciding on exactly what you want and why. Remember that you're deciding what you want, not what you *don't want*.

Ex: “I want to weight x amount of pounds and wear a size x pants.”

Not, “I want to lose weight and get out of these huge clothes.”

Ex: “I want to exercise every day for at least 15 minutes.”

Not, “I want to stop being so lazy.”



Now once you've decided specifically what you want to achieve, think about why you want to achieve it. These are the reasons that you're going to fall back upon when you're feeling bad, tired, etc., to keep yourself on track. Think of areas in your life where you have motivation that exists even when you feel bad. Examples could be when you go to work regardless of if you feel like it or not, or if you continue to help family members or friends even when you don't want to. Figure out how you think about those things and why you do them even when you don't feel motivated. Things you may come up with are: "I need to work", "I have to take care of my family", etc. Notice how those reasons create a stronger commitment.

Ex: Why did you buy this program?

At that moment that you were most motivated about this program, what were your reasons?

What did you want to accomplish? Now, ask yourself if those reasons are still important. If they are then recommit to accomplishing them.

Tapping into powerful why's and keeping them at the forefront of your mind is the secret to ultimate motivation. Remember when you're thinking of the "why's" to go into the feelings of what you'll experience when you achieve your goal.

Ex: "I want to be thin." becomes...

"I want to be thin because I'll feel more alive and confident in my life. And that will make me happier and improve my relationship with my spouse."

Which one do you find more motivating?

Step Two: What is your plan?

What do you believe you need to do in order to reach your goal?

Some key points to remember:

-Focus on your behaviors, not your weight.

You don't control your weight, you control your behaviors. What regular eating and exercise habits are creating the body you have? Which ones need to be changed, and which ones need to be added to create the body you want?



-Customize your plan to you

Remember that ultimately your success plan is going to be completely unique to you. Start out with recommended plans, but be comfortable making changes that will help you succeed.

-Demand More

Don't choose a plan solely because of rapid weight loss. Make sure the plan is something that you can do long term and is fun. Raise your standards and your results will improve.

Step Three: Take Action

This is the easiest step to understand, but requires the most attention. This step is so important because it is ultimately the cause of your results. Realize that taking action doesn't only apply to behaviors because now that you know how to program your mind, even when you're tired you can take 5 minutes to close your eyes relax and imagine yourself feeling the pleasure of living in your dream body to boost the motivation.

Step Four: Reflect and Adjust

This step is the key for making the whole formula work. Understand that the big difference here is that you're going to intentionally reflect on your results from a place of acceptance and peacefulness.

*******Beating yourself up only wastes energy and focuses on the problem rather than the solution. *******

Put your energy towards solving your challenges, and you'll find this happens much easier when you start with a feeling of acceptance and love for yourself.

Your mind will give up pain for learning. So, instead of replaying your mistakes, take some time to learn from them and think about what you could have done differently, so that next time you're in that situation you can try something new. Remember the saying "The definition of insanity is doing the same thing over and over, expecting a different result." Accept what you've done and strategize on ways to do it better.



Step Five: Repeat

Repeat this whole process for the rest of your life.

*******There is no time limit.*******

You want to succeed as quickly as possible, but you also want to tap into the power that comes from making an absolute commitment to something. And you'll know you've done that when you stop asking yourself "if you'll make it" and begin asking yourself "How and when you're going to make it."