

Hello and welcome to Quick Tip CD #1 of your Be Fit For Life Easy Weight Loss program.

This CD is for your conscious mind; while you listen to me you will remain awake, alert, and focused at all times.

I know that usually when someone comes to a hypnotist to lose weight ... they have already tried many other weight loss programs. Most people tend to lose weight and gain it back, lose weight and gain it back... They actually become conditioned to this process. Thus, the attitude or expectation is: that since they didn't achieve success in the past, then success is NOT possible.

We will CHANGE this expectation with a step by step process to KEEP you succeeding. In order to reach and maintain a state of ideal weight and healthy living, we are going to give you brain new words, new thoughts, and new images that will change your thinking patterns and your beliefs about what you are capable of accomplishing. We will be creating the desire for healthy food and good eating choices. You will choose and control food rather than having food control you. You will focus on your ideal weight and pay more attention to your eating habits. You will create a healthy state of being and build a positive self-image.

Of course, you've probably had your hopes up about losing weight in the past and then over time become disappointed. So today, the first thing you need to do is realize the past is just that THE PAST, it is over. Forgive yourself...throw away self doubt and begin to focus on your new positive, healthy state of being.

OK—Now I will be discussing a basic outline of the things you need to understand in order to insure success.

**NUMBER ONE:** Determine the exact things you want to change...Write them down. List any problems that have been happening that you want to eliminate... What are the patterns and times of your unhealthy eating? What food do you WANT or NEED to let go of? Keep in mind, through hypnosis, together we will change your attitude toward your eating habits, so determining what you want to change is a great first step.

TWO: Decide WHY you are over eating or eating unhealthy foods. Ask yourself, EXACTLY what is causing me to overeat and/or eat unhealthy food choices? Ask yourself, what benefits you receive from these behaviors? Has food helped you to get through an emotional issue? Does food help to entertain you? See if you can recall the first time you turned to food because of an emotional upset...is this now your pattern? Remember 97% of what all of us do each day IS BY HABIT!

In life, we believe that all human behavior begins from a positive intention... So understand, there is some underlying emotional benefit that you are receiving from your eating and we need to find out what it is. Plus, let me remind you again eating is a habit!

Now remember that through hypnosis you will develop a good, POSITIVE attitude toward food and eating. You will learn that your appetite is your friend, you will eat and enjoy food, but you will pay attention to the part of your body that feels full and says "I'M DONE!" "I'M SATISFIED...STOP EATING!" With the ability to create a habit of eating smaller portions and feeling full mentally, physically and emotionally you will really just stop eating. You will CHOOSE to stop eating without having to have any willpower. Again, we are changing your habit of eating...I have to really stress that and get you to understand that 97% of what you do is by habit.

THREE: When you think about behavior change, set rational, reasonable goals or desired outcomes. An example might be, to decide to choose more healthy foods. Another example could be, to decide to leave some food on your plate at each meal.

An additional reasonable goal might be to make sure that you visualize yourself as a thinner person in the first place. Can you see a picture of yourself fit, slim and trim? Can you see that fitting into your regular life? Be sure to determine a reasonable time frame (depending on how much weight you would like to lose).

FOUR: You should have a plan or blueprint, to facilitate reaching your goals. So write down and outline exactly what you are going to do...this could include making healthy choices, eating healthy foods (especially green vegetables and lean meat), eating at a slower pace, putting smaller portions on your plate, paying attention to when you feel full, drinking several glasses of water each day, etc.. It includes making healthy choices

when you are at a restaurant or social gathering also. Your plan should include breakfast...enjoying the right kinds of foods. I have learned that eating protein first, at each meal, makes it easier to lose weight. Getting full on the protein seems to give you more energy and helps the weight loss process work better. Eliminating “junk food”...things like white flour, white sugar, highly processed foods...remember that if you eat relatively at mealtime it's ok to LET GO of your appetite later in the evening. Go ahead and make a plan to AVOID having any of the foods that are not conducive to weight loss around the house. Make is part of your plan to avoid eating in front of the TV.

Your plan should also include some level of physically activity, if you have time and/or are healthy enough to begin physical activity. Be sure to check with your physician about exercise. You MUST understand that you CAN lose weight without exercise if it is totally impossible for you to exercise because of the time or because of your physical body. Let me repeat...it is possible to lose weight without exercise...so keep listening, keep working on your plan...you CAN do it!

If you are exercising, always keep in mind, whether you are walking or riding an exercise bike or swimming or strength training or whether your medical doctor has suggested specific exercise...MAKE IT FUN! Think of it like being a child at recess...your PLAY time...it really is wonderful. The physical activity should be something that you enjoy and remember ANY movement is helpful.

FIVE: Step five is to TAKE ACTION. You wrote your plan now fit it into your daily life, TAKE ACTION. Read your plan, do your plan and check it off every day. Feel PROUD each time you check something off each day.

SIX: Step six is to reward yourself with new clothes or perhaps a weekend or overnight trip for staying on your plan for a certain time frame. Give yourself good things, exciting rewards. Looking forward to your reward is a great motivator. Some people tend to want to punish themselves when things go wrong...AVOID trying to punish yourself. This is anti-productive. If things go wrong...if you make a mistake...recognize it, face it, figure out what “caused it”, write it down...then get back on your plan. In other words forgive yourself, let go of mistakes then remember and visualize all the many reasons that you want to stay on your plan...and then get back on

that plan!!

**SEVEN:** Step seven is measuring your success. We will weigh you at every session. Please do not weigh yourself in between... Frequent weigh-ins are not the least bit helpful. Since your weight can fluctuate up and down just on water weight...it is much better to focus on how you are feeling and on your long term fitness and your health. Be PROUD when you notice even small changes, you will be surprised how small changes add up! Again REMEMBER, through hypnosis, this transformation will be EASY and NATURAL.

Now let's talk about your specific goals or outcomes. If you desire to be successful...your goals or outcomes need to be stated positively. For example, if your goal is to weigh "X pounds"... (Whatever is the correct weight for you), then your goal might say...I weigh \_\_\_\_\_ pounds, because I take these specific stated actions. Your goal **WOULD NOT BE** I want to lose 60 pounds... In other words, state and focus on the desired positive outcome...you must say what you WANT to achieve. Since, we tend to get or receive what we think about the most...you must AVOID, stating and/or thinking about what you do NOT want. **FOCUS ON WHAT YOU DO WANT AND MAKE IT A POSITIVE STATEMENT!**

Your focus must be on the desired positive outcome. If you continually tell yourself what you are trying to avoid, then your focus is on the negative outcome and you will actually perpetuate the negative behavior. Here is an example: If I say to you ...Don't think about the giraffe by the lake, you will immediately imagine the giraffe by the lake. The word NOT does not register in the subconscious mind... So, again you must tell yourself what you WANT TO DO, focus on what you WANT TO DO, instead of what you are trying to avoid.

Since YOU have, now, decided to completely replace your old unwanted, unhealthy, eating habits with your new healthy eating habits...THAT allows your weight loss to happen. Whatever you believe to be true in your mind is true for you. Remember, your subconscious mind does not know the difference between real and imagined, so whatever you believe is your truth. Thus, if you believe you can succeed...If you believe that weight loss is relatively easy...then, it certainly becomes EASIER... In my everyday practice, I tell everyone that we are installing an "Easy Button"!! So we can

use the imagination to create a way that the brain can let it be easier to do whatever it is you are doing.

However, if you constantly think about and focus your attention on weight loss being difficult...it DOES become more difficult...so make sure to throw away self doubt and negative, difficult thoughts. Right now, I want you to take a deep breath with me...that always feels good...Now, Throw away ALL thoughts of difficulty and visualize yourself easily and relatively quickly, achieving your healthy state of being. Success is possible for you...focus on the positive!

So if these negative ideas, negative attitudes, or negative feelings creep in...be SURE to TAKE SOME ACTION even if it's as simple as getting up and getting a glass of water or going for a walk...Do SOMETHING to BREAK THE NEGATIVITY.

YOU control your daily pattern of how you feel about the world...It is your life. So continuously remind yourself, you DESERVE to be happy and healthy...focus on the positive...focus on your desired outcome. REMEMBER, WE ARE CHANGING YOUR THOUGHTS ABOUT FOOD AND WE ARE CHANGING YOUR EATING HABITS!

So, have a GREAT week this week...enjoy it...stay focused on the positive...have some excitement about your PLAN and remember to use your Hypnosis CD—Healthy Eating...A good time to listen to the self hypnosis CD is when you are going to bed. As you are going to sleep, your subconscious mind is really open for 30 minutes and it absorbs all the information on the CD. This speeds up your food habit changes, because you are using 88% of your mind to make the changes easier, automatic, and natural.

YOU CAN DO IT...Remember to HAVE A GREAT TIME and ENJOY YOUR SUCCESS!

We will be back to you next week with Quick Tip CD#2.

---

Now I am going to give you a list of positive affirmations that you should be saying to yourself as often as you like. Right now...Say them with me, to yourself as I speak. Remember, you will stay awake and conscious as you

listen to these positive affirmations. Pick your favorites or write your own...just be sure they are POSITIVE! Enjoy them, believe them!

I am making positive changes in my life.  
I am happy as I exercise each day.  
I am happy as I choose healthy foods each day.  
I am worthy of being slim, fit, and trim.  
I am making a plan and taking action.  
I am happy and healthy today and for the rest of my life.  
I feel good about myself today.  
I am feeling better and better each day.  
I am successfully following my new action plan.  
I drink water when I first think that I feel hungry.  
I am happy with the changes that I am making in my life.  
I am handling daily stress easily.  
I am excited about the changes that I am making.  
I love to eat healthy foods.  
I love to drink clean fresh water.  
I enjoy my exercise play time.  
I feel good.  
I am nice to myself.  
I believe in myself.  
I am energized.  
I love the taste of healthy foods.  
I love the way I feel when I drink water.  
I am worthy of being healthy and fit.  
I am happy.  
I believe that I can accomplish my new action plan.  
I believe in me.  
I am happy, healthy, and I love life.  
I have a positive point of view on life.  
I drink water when I first think I feel hungry.  
I stop eating when I feel full.  
I really enjoy eating fresh vegetables and lean meat.  
I am happy with the new choices that I have been making.  
I am becoming healthier each day.  
I am strong, confident, and brave today and for the rest of my life.  
I AM strong, confident, and brave today and for the rest of my life.

\*\*\*Repeat any or all of these affirmations to yourself as often as you like...change yourself talk to POSITIVE self talk! You will find that you are THINKING ABOUT THINGS IN A DIFFERENT WAY and positive changes are occurring! Have a GREAT DAY!