



The Action Points

1. Knowing your WHY

Identify what you want--how you want your health and weight to be in the future, how you want to feel, what abilities you want to have, what opportunities you want to access, and what unpleasant health and weight realities you want to avoid. Make it really tangible and strengthen the vision by imagining it. Create a mantra or affirmations that talk about it as already happening and completely possible.

2. Identify the patterns and create new ones

Give yourself time to observe what patterns of thought and behavior occur unconsciously and then focus on what new patterns you want instead when your mind goes to retrieve these thoughts and behaviors without your awareness. These are the things to focus on making familiar to your mind by creating consistent patterns and habits.