

Day 14: KISS Your New Habits Hello!

It's Day 14 and you have made it halfway through your program! Can you believe it? We can! High five!

While the program is easy to follow, breaking old habits and adopting new ones over the last two weeks is actually a pretty big deal. Maybe you have realized how much we do things simply out of habit-- BAD or good, each and every day. Our lives are a tangled web of habits we unwittingly built.

Today, on Day 14 you have untangled the habits that were holding you back from losing weight, getting slim, trim, feeling sexier, stronger, more confident and empowered.

Gaze Into Your Crystal Ball

You gained all those things in two short weeks with some really easy steps. Imagine what you will do in the next two weeks! You are seeing changes, aren't you? Are some of your clothes fitting looser today? It will be crazy to try those same clothes on at the end of your program!

As a matter of fact, dive into the back of your closet and find that outfit that you have kept forever in hopes of being able to fit into it again. It can be that expensive dress you bought for a party, the suit you wore for your college graduation, the pair of jeans that made your rear look great (until you had kids and a job and a mortgage...).

Now go hang those clothes up somewhere you will see them over the next two weeks. Every time you see those clothes, imagine yourself slipping into them, fastening buttons up easily, zipping up without pushing skin under or being able to breathe because the waistline has room.

You can try this special outfit on at end of your program. If you aren't at your ultimate goal weight by that point, don't worry! We will get you there. You can try those clothes on at the end of each of your subsequent programs.

Routine Success

What if we told you that you can accomplish anything in your life using the power of focusing on good habits and routines? That is exactly what fabulously successful, wealthy and accomplished people do. They simply focus on habits that will make them (increasingly more) successful each and every day.

After your 28 day program (or after you meet your weight loss goals), what will you focus on next? What do you dream about? What do you want to achieve in your life? Do you want to earn more money? Travel the world? Spend more time with your family? Learn a new language?

Why don't you take a moment and write those things into a calendar alert that pops up on your phone or computer every few months?

Mike and KISS

Mike, our CEO and founder is one of those fabulously successful people. He's also a real-life good guy who enjoys using his business know-how to help people like you lose weight.

After injuring his back, Mike educated himself to lose weight. Then after his second daughter was born, he helped his own wife lose 55 pounds. Mike is a big believer in the KISS (keep it simple, stupid) principle. He has an ultimate goal too...

"My goal is to see America get back to the basics of eating. Forget all the rocket science nutrition and stuff. It's simple. Simple old-fashioned foods, like what we ate 50 years ago are the basis for Personal Trainer Food. This is my passion: to educate people back to simplicity and get them feeling great in the process!"

We love his no-nonsense approach to everything in life. We know you do too.

How did it go today? Let us know! Write down any questions you have and feel free to reach out to us.

You can Live Chat us at www.PersonalTrainerFood.com

Email us at WeightlossCoach@PersonalTrainerFood.com

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