

Day 16: The Only Disability in Life is a Bad Attitude

Have you been able to get skinny by worrying about your weight? Has worrying about how fat you are helped you? Have you ever worried so hard that your problems fixed themselves?

Here is the cruel trick your mind plays: you are worried about these things because you allow your mind to focus on the worry. Things exist to you because you let your mind focus on them.

If you let your mind focus on success in weight loss, work and life instead, what would happen? Let's find out...

The Lazy Myth

You have tried 100 different diets and they just don't work. You have convinced yourself that God has destined you to be fat. You think to yourself "I'm lazy, I don't deserve being slim." This is the Lazy Myth, and this is the number one reason people are overweight. This myth exists because of confusion.

By now, you are realizing that there is no longer any reason to be confused about weight loss. With Personal Trainer Food you are seeing and experiencing results.

How is the voice in your head though? Has it come around or is it still popping up with old worries and self-sabotaging thoughts?

This is Your Brain on Negativity

The only disability in life is a bad attitude.

Go get yourself a sheet of paper and a pen. Take 10 minutes and write down all the terrible things you tell yourself every day. Start with the easy ones like 'I'm fat,' 'I'm not good enough'... Just get all those thoughts out of your head and onto the paper.

We did this exercise with the brides-to-be in our 2015 Altered! Challenge. Listen to the negative things they had to say...

"I hate my life."

"When I get bored I get a burger."

"My weight makes me feel cheated."

"It's disgusting."

"The weight holds me back from spending time being active with my kids."

"There is always an excuse to quit."

"Nothing has ever worked in the past."

"Carbs are holding me back."

"It's always been a struggle."

"It's easier to sit on the couch and eat a tub of ice cream."

...do any of those thoughts sound familiar?

Breaking Bad Habits

Now read over your list of thoughts. How many times do you encounter the same challenges over and over again because of those thoughts? As you read them, do you feel the energy draining from you? Do you realize that these thoughts have been left on 'repeat' inside your head?

Those thoughts are bad habits that you need to get rid of. You don't need them anymore. It is time to make the decision to press 'stop.'

Here are three things our Weight Loss Coaches did with our Altered! brides to help them break through their negative thoughts and move on to achieve amazing results:

1. Burn, Baby, Burn...

Step 1: Go get yourself a lighter or some matches and find a fireplace or a safe place where you can burn your sheet of paper.

Step 2: Let all those negative thoughts go up in smoke.

2. The Power of BUT

If those old thoughts ever creep back into your head, do this one little thing: say 'BUT' after the thought. This will force you to get in the habit of looking at the positive.

For example, change "It's easier to sit on the couch and eat a tub of ice cream" to "It's easier to sit on the couch and eat a tub of ice cream ...BUT... in the long run it will be easier to live a healthy life than it would be to live one in which I have diabetes, obesity and heart disease; I'm going for my walk instead."

See how adding "BUT" empowered you to take control of the thought and create a positive outcome? Now say your statement out loud a few times, and hear the power of your words!

3. You Don't Need No Stinkin' Thinkin'!

If negative thoughts are coming from people around you, you can refuse to accept them. You don't need to take ownership of other people's stinkin' thinkin'. Surround yourself with people who are positive instead (...and notice how energetic and happy you feel when you are around them).

Your Weight Loss Coach is also a great source of positive energy. Give them a shout any time you need a pick me up.

Remember: you control your thoughts. The habit of focusing on worry and negative thoughts only brings you more worry and negative thoughts. Break that bad habit and get in the routine of focusing on success!

I'm Not on a Diet. This Is a Lifestyle Change

This isn't about worrying over the numbers on some scale or a long list of could haves and would haves. This is about YOU. It is about feeling healthy, strong and alive. It's about turning your back on feeling tired and sluggish. It is about bursting with confidence. It's about radiance and zest for life and an abundance of old-fashioned energy.

This is about looking stunning and feeling stunning. It is about an 'I've never felt so alive' lifestyle.

This is about finally becoming who you were always meant to be: gorgeous, vibrant and unstoppable. You are going to love it.

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

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