

Day 19: Don't Start a Diet that has an Expiration Date

Over the years, you have been taught that in order to lose weight and get fit, you must eat less, exercise more and be mentally strong but...

The Misconception of Discipline

Of all the people who have taken notice of your changes over the last few weeks, how many of them commented on how disciplined you must be? How many said (BRAGGED even), that they could NEVER do what you are doing?

This way of thinking is simply wrong. As a matter of fact, the Misconception of Discipline has only served to increase obesity. Simple, consistent routines requiring little time or thinking create habit. These simple habits are what change your life.

Think of a child learning to walk. They practice several times a day, every day. There is no will power involved, nor is there any discipline. They just consistently practice baby step by baby step until they are walking and then running.

When people tell you that they want to be more disciplined, what they are really saying is that they want to be more consistent. See the difference? The real key to consistency is habits.

Do something small over and over every day...

Tiny Little Matters!

How many small (good) habits did you complete today? How many tiny little good things did you do that got you closer to your goal?

Kaizen is a Japanese word that means 'good change' and focuses on activities that continuously improve your results. Those activities can be large or small.

The process of Kaizen goes like this: identify and apply small improvements you can make on a regular basis.

A large thing you did was to commit to this program. At this point however; you only need to consistently take tiny little steps every day to progress. Ironically, it is these small, simple daily activities that make the biggest difference over the long term.

You have probably already made quite a few good small decisions that follow Kaizen since the time you got up today. They could be as simple as: getting your walk in before going to work, remembering to pack your cooler with your PTF lunch, avoiding the sweet aisle when you went grocery shopping with your kids or even just reading this email to stay focused on your goals.

Take a moment to think about all the good little things you have done today. Acknowledge how they have helped you get closer to your goal.

Do One Little Thing Today

Despite all this, have you been having any problems weeding some old bad habits? If so, there is

no need to be frustrated. That's just focusing on the problem, not the solution like we talked about in an earlier email. Just like the child learning to walk, every time you stumble, every time you fall down, all that matters is that you pull yourself up again.

Here's an easy way to develop consistency: write down at least one good thing you will do today. These aren't tasks. They are small actions. Keep them simple. Keep them positive. Keep them fun if you can.

For example:

1. Walk with your dog today!
2. Drink just one extra glass of water.
3. Find a new leafy green to try.

You can use your daily planner to write your routine habits down. Jot down those little good things too. That is what your planner is there for.

Tip: Physically writing something down with a pen and paper makes a stronger connection in your mind, and will help reinforce what it is that you want to do.

Before long, you won't even have to write those items down because they become so routine that you will forget that you ever need to 'do' them. Use this same technique to add even more new good habits to your routine. Eventually your good little habits will crowd out the bad ones.

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

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