

Why is change so hard? Your biggest roadblock to success....You!?

There's a hidden force that is so powerful it needs to be brought to light before we get started! It's an invisible force that affects everyone, but especially those that are trying to make an important life change like weight loss. Let's be real. If a person wants to lose weight, they must not be happy with their current condition. Most people want to lose weight because they see themselves as "less than" because of being overweight.

Here's the deal. Your brain must feel good. It's designed to do whatever it takes to get to feeling good or at least out of discomfort. This is why it's so easy to turn to food when you feel any of the many negative or uncomfortable feelings defined as "stress". This is also why the short guy in school was the funny guy or the shy girl always volunteered to help the teacher. We all need to feel good in some way!



It's no surprise to you that folks who are unhappy with their weight typically have lower self-esteem. "Self-esteem" is an overused term so I want to be sure you understand that self-esteem is simply **your own judgment of yourself**—your own self-picture of your value or worth. Have you ever met someone with a low self-esteem that worked really hard to hide it? These individuals can never be wrong. They can never admit error or apologize. I'm sure you know what I'm talking about because we all struggle with our self-image and the defensiveness and excuses that result automatically.

So here's my point: **Everyone, and especially those who are unhappy with their body, find it very difficult to look in the mirror to discover what they're doing wrong because of the very powerful force within that doesn't want to see anything else "wrong" with them.**

But let's be real, if you were doing everything correctly, you wouldn't be reading this. **If you don't feel good about yourself on the inside, your brain automatically wants to ignore, brush-over, or outright deny anything you could be doing incorrectly to save it from further negative self-feelings.**

ASSIGNMENT:

Think about and write out your answers to the following questions:

Are you able to separate your brain's thoughts and programmed beliefs from your own?

How does this make you feel?

With this knowledge, do you now feel more comfortable and able to "look in the mirror" to see what beliefs and thoughts in your brain's thinking that are pulling you away from your goals?

Are you able to believe what you have done "incorrectly" in the past is not an indication or measure of your worth or future potential?

Write about how you feel about this statement:

*I want to "look into the mirror" to find where I can make corrections in my thinking to improve my life!
Now that I know my past thinking is more about my brain's programming and not about my potential,
I feel good about doing this!*

I resolve to be aware of my brain's natural and understandable tendency to defend its old beliefs, ideas and actions.

_____date_____