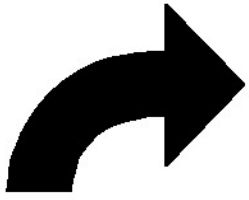


# Break the cycle of failure!



## Decide to do something

Example 1) Decide to get into a relationship with someone

Example 2) Decide to join a weight loss program

## Don't commit 100% because you don't want to fail and feel pain.

1. You don't open up, don't fully commit to the relationship and the other person senses this and starts getting frustrated. Trust is never fully developed.

2. Your coach asks you to record your food logs but you "*don't feel like it*". Your coach assigns you to post your weight on the forum, but you "*don't really want to do this*". You only exercise a day or two a week and keep drinking a glass of milk and a couple of cookies before bed.



Time goes by -----

## Because of lack of full commitment, you fail.

1. The person breaks off the relationship with you.

2. After a bit of initial success, the scale stops moving and you blame not having enough time and stress on why you are not losing weight.

Because it fails, your brain creates a "reference" that if you try that again, it will lead to failure & pain again.



How do you break this cycle of failure? Commit 100%!