

How it's going to work

I have spent the last 15 years honing in what is the difference that causes a person to succeed rather than fail at weight-loss. There's a definite "science" behind it. It's not random or circumstantial—meaning if you or anyone does the same "stuff", you'll get the same results!

I will share and teach you ALL this "stuff" over the next several months! Yes, it takes many months of exposure for real learning to occur to the point of permanent change. But think about it, **wouldn't you rather take your time, enjoy the process AND get permanent results!?!** Over time, as you change your associations, doing what it takes to lose weight will get **easier and easier!**

When on other weight-loss programs, that overlook your powerful associations, each month seems like an endless battle of self-denial and restriction! So no wonder most other programs offer "results" in 12-weeks or less—they know most people can't force themselves to do what they really don't want to do for any time period longer than this!

But my goal with you is totally different. My goal is to teach and show you how to gradually shift so that what you need to do becomes what you WANT to do to live in a body that makes you feel confident, healthy and strong! As the months go by, it will get easier and easier and your outlook on your abilities will grow stronger and stronger!

Environment

There's nothing more powerful than your environment. Your environment is "what's around you". This more specifically it's those things around you that *influence* you. **There's nothing that influences you more than other human beings!** Some say you can use this equation to predict a person's weight:

Average the weight of your 5 closest friends = what you will automatically weigh

Most people don't realize the powerful emotional pull we all have to fit in and be like those we love and are around. You automatically become like the people in your life.

Will you need to find new friends? The answer is No, but you will need to make new friends with the same values and beliefs that you want to develop. Then you will naturally desire to spend less time with your old friends and more time with your new friends.

But you don't start by ignoring your current friends or taking an attitude with them. That will just put negativity and stress into your life. Your goal is to find new friends to even-out and then replace the negative exposure from your current friends & family with positive exposure from the new people in your life. This is done in three ways:

1. **On-line Website.** The online website that I created www.bodychoiceforum.com will be the “home” for you to interact with me and others like you who have made the changes you are



working toward. I can't emphasize enough how important it is for you to participate in this website. In doing so, you will develop the powerful human contact you need to drive you to successful change! The forum will allow you to be a part of a group that will give you support, motivation and inspiration that everyone needs for long-term success!

2. **Gym.** Even if you only have time to go once per week, going to a gym with people who love exercise will be the positive exposure you need to develop your love for strength and cardio



exercise. If you are fearful of joining a gym, it's even more of a reason you must join to attack your fears which are THE roadblock to permanent weight-loss! We will talk more about fear, but just tell yourself this: Fear has kept you down, kept you small, kept you weak. NO LONGER will you let fear keep you from being the person you truly are!! I will give you tips on joining a gym and what to do soon!

3. **Me 😊.** Having me in your life will be the constant influence you'll need to make the transition



that so many eventually fail at. I don't fool around when it comes to helping people. I think you'll find me highly knowledgeable, motivating, fun, and someone who challenges you to think in a way that brings out the best in you!

Here's the Details of how I will come into your life:

Weekly Lessons and Assignment (Monday). You will get 1 or 2 e-mail lessons from me per week. I promise only one assignment per week. 😊 The lessons will involve EVERYTHING you need to learn to be successful!

Weekly Motivation/Inspiration (Wednesday). The purpose of these e-mails will be to keep your thinking on track for success. It's easy to let your "musts" slip back into "shoulds" and go back to old self-destructive thinking.

Weekly Weigh-ins (Friday). You will weigh yourself every Friday. For most people this makes the most sense. Work hard during the week and weight at the end of the week.

Random fun stuff! I will share with you fun stuff at random as I come across things in my life I think would benefit you or make you smile!

Additional tools I will be teaching you to use to even-out the opposing influence of other people in your life:

- Morning Prayer/Auto-suggestion
- Evening Reading
- Before bed reading/journal writing