

Getting on the RIGHT Path!

The Path of Failure

1. Decide to change
2. Force new behaviors with willpower
3. Constant battle between what you “feel like” doing and your will
4. Slip-ups seen as failures of one’s will/ability
5. Willpower diminishes
6. Go back to old behaviors. (Another failed attempt)



Path for SUCCESS!

1. Decide to change
2. Find & create powerful reasons to change (supports willpower)
3. Learn how your brain works and how to use willpower correctly
4. Teach yourself to Love exercise
5. Teach yourself to Love eating healthy
6. Your will and what you “feel like” doing grow more similar
7. Slip-ups are seen as learning opportunities to make changes
8. Doing what causes weight loss becomes what you “feel like” doing (Success!)



The path of success is a multi-step path that uses the law of reinforcement to establish new habits of exercise and healthy eating.

ASSIGNMENT:

Write your thoughts about the “Path of Failure”—does this look familiar to you?

Does the new “Path of Success” make more sense to you?