

Getting someone to help you



What most people don't realize is that changing eating habits is actually much more difficult than changing exercise habits. Our emotions drive our behaviors and nothing is more tied to emotion than eating and food. You know that sticking to an exercise plan is much easier than sticking to an eating plan. Typically when a person falls off the wagon with their eating, they then eventually decide that the time spent exercising could be used for some other purpose that takes their mind off their desire for a better body and their failed diet.

Despite the fact that learning to love exercise is much easier than learning to love eating healthy, you rarely hear of someone enlisting the help of someone who has successfully made the transition of teaching their taste buds and brain to love eating healthy.

Changing to healthy eating that creates the body and health you desire involves identifying the eating habits that are currently in your way to this goal. These fall into three categories:

1. **Things we know are in our way.** These are things like eating pizza or fast foods frequently. Things we know are not healthy eating. Typically these eating habits are deeply established and the help of someone else to work through breaking free from them is very helpful.
2. **Things we think could be in our way.** There is a lot of information out there about what to eat, what is and isn't healthy. Is caffeine ok or not? I heard eating fruit is high in carbs, so should I eat fruit? This can become very confusing and having someone to ask is helpful because confusion leads to inaction and going back to old eating habits.
3. **Things we never knew were in our way.** Eating to lose weight and eating to maintain your weight are two different things. To lose weight, your focus is on calories and health. Orange juice for example is healthy, but full of liquid calories and should be saved for perhaps one breakfast per week. It's very typical for a dieter to be unaware that what they are doing is sabotaging their success. Without the help of someone who has this knowledge, the problem never gets addressed because you believe you are

eating “good” but still not getting results. This is extremely frustrating for people and the reason having someone to help you with your new healthy eating is an essential element for most people.

Where do I find someone to help me with my eating?

It’s important you find someone who is very experienced or has a similar body as you do. If you are a 50 year old non-athletic female, you might not get the best help from a 24 year old athletic male trainer. The most important factor in enlisting someone to help you is to find someone you would feel comfortable opening up to and sharing with. Someone you would feel would not judge you or look down on you if you shared everything that has led to your unhealthy eating habits. This may be the trainer who helped you learn how to use the strength machines in your gym, but it doesn’t need to be. What’s most important is finding someone who has established healthy eating habits that you would feel comfortable with.

When it comes to comfort, the internet has allowed us to communicate more easily. It is more comfortable to e-mail someone your thoughts than it is to go tell them face-to-face or even pick up the phone. You’ll feel more comfortable e-mailing someone what you think is a “dumb” question than you would asking them face-to-face or on the phone. This advantage of openness I believe is a distinct advantage of hiring an online coach. Being open is the key to change.



Furthermore, enlisting the help of someone who I have coached using the same program you are participating in would be ideal. This is why I ask all successful graduates of the BodyChoice program to become a success coach and help at least one other person be successful.

It’s an incredible win-win because the graduate by teaching what they have learned locks in the new healthy lifestyle in a much more powerfully permanent way.

To find a graduate coach to help YOU go to www.NewBodyChoice.net

Open up to move up!

People care about what others think of them. Especially those people we look up to or would like approval from. Nearly everyone has eating habits that they would feel humiliated if others knew.



If you have hidden food, eat in the bathroom or do anything else you feel too ashamed to share and think you'll just *"work on these yourself"*, please know that never works! We are here to help you. We do not judge anyone and only want to be your support. **Anything that is too humiliating, emotional or just embarrassing for you to share is TOO POWERFUL to try to fix on your own!**

Anything you share is completely confidential. We care about you and will never judge you! Release what you fear and you will feel a heavy weight lifted off your back allowing you to finally MOVE UP with your life! ☺

Anything that is too embarrassing for you to share is TOO POWERFUL to try to fix on your own!

One of the biggest mistakes people make is secluding themselves in their own misery because they fear disapproval from others more than staying in their circumstance. Because you are your own worst critic, you never get the helpful second opinion of another caring human being. You just keep hearing your own internal voice criticizing yourself over and over—a repeating cycle of self-destruction that keeps you from weight loss success.

Success Tip: Sending an e-mail or a note is a more comfortable way to share something you would have a hard time discussing face-to-face. Consider e-mailing or giving your coach a written note about something you have been struggling with.



Identify your Road Blocks



It's essential that you take responsibility for your own change. This is the only path to permanent change because only until you take responsibility will you have the power to take the steps that create change. This means looking at your life and seeing reality for what it is. Seeing clearly what you are currently doing that is taking you away from your goal and then setting about to fix it. For some people this is very hard to do and they have ignored reality for so long, it seems, and for the most part is,

invisible to them! I have had people with terribly unhealthy eating habits totally believe that they were eating "healthy" and not understanding why they couldn't lose weight. This self-delusion is VERY common in weight loss because of the emotions we have about our self-value.

It seems ridiculous that anyone would fake themselves out to such a degree that they can't even see that they are doing wrong, but that's how our brains work—they are designed to protect us from pain—both physical and mental. If looking in the mirror at your poor eating habits is painful, you won't do it or find it very difficult to. And if you must assess your current habits, your brain will pour out excuses like a fire hose to make you feel OK about eating pizza before bed or Coco Crispies for breakfast! Yes, your brain is not rational. Only YOU can choose to be rational and move your life forward.

This is another reason why a coach is so valuable to help you feel it's OK to have poor habits and that there's nothing wrong with you. A good coach will make you feel comfortable so you can look in the mirror and get a realistic view of where you are so you can start to make small steps day after day that are easy and that lead over time to massive progress and change!

It's OK to look in the mirror!

I know people who won't go to the doctor because they're afraid there might be something wrong with them! It's our brain's nature to want to avoid anything painful—especially things tied to our self-worth. But just like you can't address your diabetes until you go to the doctor to know you have it, you can't address the eating habits that stand in your way to the health and body you want. For some reason most folks believe that having healthy eating habits is normal and because they don't have healthy eating habits, then they are abnormal and

therefore should be considered less-than and rejected by others. How Silly! The fact is, nearly everyone has poor eating habits. We are conditioned as small kids to love to eat for pleasure and to use carbs and fatty foods for comfort and pleasure. Why would we feel bad about ourselves because we are like nearly everyone else?

So stop thinking you are abnormal for your poor eating habits and go ahead and really look at what you are doing in a realistic non-judgmental way. **Who cares what you did yesterday or last week or for the past 10 years!** What matters each day is what are



you going to do today and what are you going to keep doing as each new day comes. I STRONGLY suggest you adopt this new belief right now today:

I am not my past. Each day is a new day to make choices. All of nature operates this way. Each day is new. If I am sad about what I did yesterday, last week or last year, it takes the energy and motivation away from me to do what is in my best interest today!

When you take the belief that you are NOT your past, you also become a much more forgiving person toward others. Thinking you or anyone IS their past keeps you stuck in the past. True reality is that you can become whatever you choose to become by doing something new today and each day as it comes to you. You can't drive ahead if you keep looking in the rear-view mirror!

So just stop feeling bad about your past. It is a totally useless emotion! But even more important **guilt steals your ability to change your future!**

YOUR ASSIGNMENT:

On your own or with a coach, fill out the "Things you know are holding you back" sheet. Start addressing these routines ONE AT A TIME using the law of reinforcement to make the change stick.

Concurrently as you share your eating habits and preferences with your coach, you may find things you never knew were possibly holding you back. Write these down using the *“Things I never knew were holding me back”* sheet and add these to your trade-up sheet.

Once you have addressed the things you know were not helping you, move to the *“Things that could be holding you back”* sheet and discuss your questions and thoughts with your coach.

Things you know are holding you back

(Example: I eat a bowl of chips every night around 8pm while I watch TV)

1.

Made commitment to change _____

Describe how you will replace this habit:

Mastered this on _____



2.

Made commitment to change _____

Describe how you will replace this habit:

Mastered this on _____

3.

Made commitment to change _____

Describe how you will replace this habit:

Mastered this on _____

Things that could be holding you back

Sometimes we are not sure if what we are doing is holding us back. Maybe you go out for lunch every day at work. Maybe you eat out every Friday night. Maybe you always drink a pop on the way to work. Maybe you eat something as soon as you wake up.

List the things you think might be or you suspect could be holding you back from weight loss success. Make a large list and then discuss your concerns and thoughts with your trainer.



- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.

Things I never knew were holding me back

There are probably a few important things that you never knew about your eating that could be holding you back. By sharing your eating habits and the foods and drinks you commonly consume, your trainer may have some suggestions for you. Also, from your own self-learning, you may have come across information that you never knew or realized. Write down the things you've learned that will help you reduce calories and live healthy.



1.

Date changed _____

2.

Date changed _____

3.

Date changed _____

4.

Date changed _____

5.

Date changed _____