

Video to your future self

A VERY powerful tool for you to lock-in your weight loss permanently is having a video of your heavier self. Why?



1. **It creates a contrast between who you are now and who you were.** Often people who have lost a lot of weight still “see” themselves as the same person and thus could easily go back to the same old habits. Seeing yourself on video **as totally different** is an EXPERIENCE that your brain will record deeply into its subconscious. For your permanent success it is CRITICAL that you see yourself as a different new person!
2. **Reinforces why you made these changes.** It’s easy to forget why we do things. Human beings just do things based on short-term immediate needs and wants. Reinforcing why you made these positive healthy changes solidifies them in your mind as THE ONLY way to live.
3. **Creates a painful memory that will motivate you to NEVER go back.** It’s easy to forget what we used to look like or feel like. You can write your thoughts in a journal or remember with your memory, but when we see it on video, it is like going back in time! The video creates a REAL experience that causes an emotional response like nothing else can! This emotional response is what empowers your memory and locks it in! The things you remember forever are emotional events. Seeing and hearing yourself pleading with you NOT to go back to being fat and miserable will elicit powerful feelings within you.
4. **Plants the seed of belief.** This will be your first experience visualizing a new thin you by having a conversation with her/him. This process of visualizing a new thin you is required to get to the reality of a new thin you. Your brain will not allow you to go anywhere it does not first believe. This is something most people don’t know. If you can’t “see” yourself as healthy and thin, your brain won’t allow you to get there—it will

constantly be pulling you back to what it believes. Talking to the new thin you is not “crazy” but a powerful way to make her/him real to your subconscious. The more real the new thin and healthy you becomes to your brain, the more your brain will allow it to become a reality.

ASSIGNMENT:

Using your phone, a video camera or your computer, record a video of yourself now before you’ve lost weight. Wear clothing that shows your body. The video should include:

1. Congratulate yourself on losing all the weight and becoming the person you always wanted to be. “You must be feeling so great...You must be so proud...etc.”
2. Tell your new self how you feel about yourself now. Be brutally honest. Share your disappointments with yourself and how you don’t like your current life. Talk about everything you hate about your current life.
3. Warn the new you that she/he never wants to go back to this. Emphasize the pain you live with on a daily basis. Make is emotional! The more emotional, the more powerful this video will be later to you!

