

Weighing yourself

One can easily develop powerful negative associations with the scale. Disappointment, frustration, anger and inferiority are all negative feelings we can associate with becoming aware of our weight.

However, the scale only makes us aware of what we weigh. It doesn't judge us. We do that to ourselves.

Awareness makes us think about something. If thinking about something is painful, your brain will naturally want to avoid it. Up until now, your weight is likely something painful for you emotionally. So why step on a scale and remind yourself of a number that causes you to feel disappointed or even dislike yourself?



“I don't want to weigh myself”

This comment I have heard many, many times. I can completely understand. If weighing yourself has brought past experiences of pain, then it would be like you telling me I needed to hold an electric fence every week. OUCH! That would hurt!



Seeing your progress

Seeing your progress powerfully reprograms your subconscious brain for success. Seeing your progress makes you feel great and fuels your ability and desire to keep going! Seeing progress makes you come to expect progress. Expecting progress then leads to more progress. This is the Cycle of Success! (The exact opposite of the Cycle of Failure)

Give it time to become automatic

Only until you have taught your brain to love exercise and taught your brain to love eating healthy, will you be able to produce the outcome of living in a healthy-weight body. This long-term process is designed for permanent success so what the scale says initially is nothing to worry about. If you focus your energy on teaching yourself to love exercise and then take that new energy to learn to love eating healthy, the outcome of weight loss will become automatic!

Helps you understand your body and what you do

I weigh myself every day. It's feedback for me as to what levels of eating and exercise are working for me. When the scale goes up, I can look back and know that it was because I decided to have a bowl of cereal the evening before or I ate some foods that were high in sodium so I am retaining more water today. It also helps me see what exercises and activities help me burn calories. I have found that strenuous yard work burns a lot of calories!

The scale is a tool for you to use to become more aware of your body. Sometimes the scale can go up even though I had a really great diet the day before. This doesn't frustrate me because I know my body must be doing something like recovering from stress or battling a virus to keep me healthy.

Once you reach your ideal weight that works for you, you will likely want to weigh yourself daily like I do so you can keep yourself there. I expect myself to go up 5-10 pounds over the weekend. But I also know that I am usually back to where I want to be by Tuesday.

Based on the scale, I can decide what I want to do. For example, if I am feeling like eating something extra one evening, I check the scale and if it's below where I want it to be, then I allow that extra eating—or beer. 😊 If I am above, I am *usually* committed to forgo it but it depends on the situation. I'm not talking about birthday parties or any other celebrations. Those special and infrequent events you NEED to enjoy.

ASSIGNMENT:

Using the Excel spreadsheet or .pdf sheet provided in this lesson, start to weigh yourself weekly. Choose a day you prefer and stay consistent with that day. Also stay consistent with the device you use to weigh yourself.