

You are your Routine



Your routine of exercise and eating is creating the health and body you currently have. Any weight loss tip like eating more protein for breakfast isn't going to matter if your routine is to eat a peanut butter sandwich with a glass of milk before bed every night. To get the body and health you want permanently, you will need to develop your own personal routine that creates that result. Then work daily to reinforce that new routine with your positive thoughts and

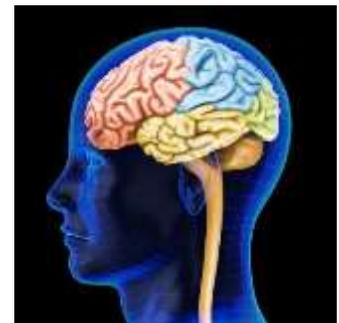
feelings and soon your new routine will become a habit and something you automatically do. That is how you create permanent weight loss.

Step #1: Knowing that you CAN change

This is a huge roadblock for most folks. We erroneously believe that our current routine is WHO WE ARE. We say things like "my show" or "my coffee" or "my cookies". **We tend to see our routines not as a choice, but as our identity.** This powerful effect shows up in everything from our preferences to drive a certain type of car to using certain brands of products. "I'm a Miller drinker" or "I only drive foreign cars". This natural human tendency makes change very difficult. **The first step is to realize that ALL your current preferences are nothing more than reinforced mental concepts.** They are things you have gained positive feelings from for a long time and thus you "like" them. Because you like something doesn't mean you CAN NOT like something else. All you need to do is positively reinforce the new thing and soon it will become your new "preference".

Step #2: Understanding how your brain prevents change

Your brain prevents change by naturally producing negative feelings when you attempt change. If you take away your peanut butter toast at night and replace it with an apple or exercise on the bike, your brain will think negative thoughts and you'll experience negative feelings toward the replacement, thus never reinforcing the replacement. These negative feelings will negatively reinforce the replacement making the old routine seem more attractive. Soon the negative reinforcement becomes so strong toward the change that you go back to the old routine.



Step #3: Understand how to override your brain's prevention of change

The only way to make a successful change is to use your own conscious thoughts to flood your thinking with positive thoughts and feelings about the change. Also, talking back to your brain's negative thoughts about the change neutralizes their negative reinforcing power. Using your conscious thinking you can override the negative thoughts automatically produced by your subconscious. Your conscious positive thoughts will also eventually "convince" your subconscious to change its perception and beliefs about thinking the old routine is better; Very similar to talking someone into something.

Step #4: Implement change GRADUALLY!



No doubt about it, to make sure your changes are being reinforced positively, make one change at a time. DO NOT try to change many things at once because you do not have enough conscious energy to positively reinforce many things at the same time. Your brain can easily shoot out negative thoughts like a machine gun to many things at once.

You can only consciously produce one thought at a time. Your subconscious brain can produce dozens if not hundreds of thoughts at the same time! It's a battle you CAN NOT win so don't even try!

Success formula

The above four steps are the formula for developing a routine that creates permanent weight loss success! Step #5 is to decide what changes to start with and what schedule to implement them. Most people never do this. They just jump into a bunch of changes and then blame their lack of willpower for their failure! This is self-destructive insanity—but we all do it. Be one of the very few that ACTUALLY plans for making small incremental changes over time that eventually lead to HUGE and PERMANENT results! **Imagine if you just changed the following 12 things into your routine over a year on a monthly basis:**

1. Started drinking only water with every meal
2. Started eating salads for lunch
3. Started using only spray olive oil and salsa on salads—no high calorie dressing
4. Ate an apple for your afternoon snack



5. Rode the exercise bike every morning for 12 minutes
6. Went for a walk or bike ride every evening after dinner for 15min
7. Went to gym to lift weights vigorously at least one time per week every week
8. Went to bed hungry as often as possible Monday through Friday and allowed pleasure eating on weekends
9. Started eating more cottage cheese and less red meat
10. Stopped eating chocolate treats Monday through Friday
11. Started eating off a small plate for dinner
12. Closed the kitchen after 8pm (eating totally off limits after 8pm)

Imagine if you kept going for year #2 and implemented more into your routine:

1. Eliminated ice cream from diet (didn't keep in house)
2. Started eating tuna in water for 2 meals per week
3. Learned to use free weights at the gym
4. Etc.....

After a year, you would have made a HUGE change in your routine and the result would be a new routine that automatically produces PERMANENT weight loss. You can keep implementing gradual changes into your routine until it is producing exactly what you want.

You can be as healthy and fit as you want! Just keep adding new healthy changes each month and use the month to focus all your positive reinforcement energy on that monthly change to make sure it sticks. That **is** the success formula!

Be one of the 3% that ACTUALLY plans for making small incremental changes over time that eventually leads to HUGE and PERMANENT results!

My routine

Many people have asked me for my routine. Being self-employed and working in a gym, I may have a different schedule than you do, but nonetheless you can see what I do and implement many of my strategies into your routine.

Download my routine at: http://www.getfit4life.net/daves_routine.pdf

Dave's Daily Routine

Height: 6'5"
Weight: 217-230
BFN: 6%-11%



4:25am	Wake	12min on bike in basement
5am	Coffee	with 1 tbsp of Sugar free hazelnut Cofe-Mate
8am	SUPERSHAKE	
10:30am	Pre-workout drink	
11 to 12am	Strength workout	with 30min cardio after
1pm	Salad	with coffee and treats after
2pm	20min nap	
7:30pm	1 mile jog	or short bike ride on bike trail
5pm	Organic Apple	
6pm	Small chicken breast	with tsp. honey mustard (10cal) 1/2 to 1 cup of green beans or broccoli or mixed veggies (Goal: High protein, low carbs, small serving)
8:30pm	20-30min bike	in basement while watching educational video on laptop Walk or bike ride on trail with self or family
7:30pm	sometimes:	Diet sierra mist with popcorn popped on stovetop with olive oil & sea salt
8:30pm	to bed	to read
9:15pm	Sleep	

*drink water only. I do not drink any calories during the week.

ASSIGNMENT:

Print off the following “My New Routine Planner” sheet and start to plan what and when you will implement changes to your routine. Start with implementing drinking water instead of any beverages that have calories. If your routine included drinking several sodas or other calorie-full beverages per day, step it down over a period of weeks rather than going cold turkey and allowing your brain’s negative thoughts to overwhelm your positive reinforcement of drinking water.

Don't forget the importance of Positive REINFORCEMENT by using your conscious thoughts. This is the KEY! Otherwise your subconscious will sabotage the reinforcement. By only implementing one change at a time you can focus your energy to CONSCIOUSLY think positive thoughts and verbalize positive reasons why this change will help you and FEEL positive emotions when you are doing the changed behavior. (It's the FEELING of positive emotions that reprogram your brain to change!)

