

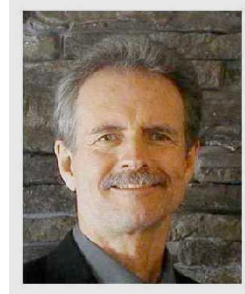
WEIGHT LOSS GOD'S WAY

Discover God's Own Plan for Safe,
Lasting Weight Loss Without Diets



by Dr. Frank Smoot

**A Personal Message
From Dr. Frank On How
The *Weight Loss God's Way*
Program Came To Be...**



Dear Fellow Christian,

In the year 2000, I had everything but a good relationship with God.

In 2001, He took it all away...and I was devastated.

In 2002, I had nothing *but* a good relationship with God -- and He had my full attention.

In 2003, I was standing at a major crossroads. I asked God...day after day after day...for His clearest guidance. Two years later it finally came. He said,

“Frank, you cannot worship two masters. You can either do what you think will make you happy and prosperous...or you can do what I put you here to do. But you can’t do both, so pick one.”

I was scared. I knew it would require a huge leap of faith. But God said,

“Do not be afraid, but have faith. You know that I reward faith. That’s what you teach people, you know? Do you really believe it?”

But I was still afraid. Then God said,

“If you will let go of what you’re holding on to, I will let go of what I’m holding for you.”

I did. And then He did. He took my fear and gave me His perfect love. Now I only worship One Master.

Now I am doing what He put me here to do, and I would love to share it with you.

Peace be with you, and may God bless your success!

- Dr. Frank

Why Weight Loss "The World's Way" Is *Not* God's Way...

If you got down on your knees and prayed to God for a real and lasting solution to your weight problem, can you imagine in your wildest dreams that His answer would include the words "Atkins," "Jenny Craig," or "Bowflex?"

I know you've been struggling and failing for years, perhaps decades. You've tried everything, but nothing has worked very well -- or at all. In spite of all the time, money, and heartache you've spent on diets, pills, exercise machines and other "worldly" solutions, you're no better off than when you started -- and maybe worse.

So now you're frustrated, upset, angry, tired, stressed, or all of the above. And you're very, *very* skeptical -- just as you should be. But you're also worried, concerned, anxious, fearful, maybe even panicky...because you know what's going to happen if you don't get this turned around.

Believe me, I know *exactly* how you feel. That's why I put this program together for you!

If you are suffering with obesity, you must understand that you are somehow out of alignment with God's will for you -- there is *something* in your life you're not doing His way. To fix this, you will have to go a bit deeper than the next hot new diet or chrome-plated exercise machine.

Therefore come out from them and be separate, says the Lord. (2 Corinthians 6:17)

I'm Dr. Frank Smoot, and I'll be your guide on this fascinating, life-transforming journey to lasting weight loss victory. I give you these two chapters now so you can see for yourself how the *Weight Loss God's Way* program can literally change your life, just as it already has for countless others all around the world. (To read hundreds of testimonies, please [click here](#)).

In fact, one *Weight Loss God's Way* Success Story -- Laura -- became my wife! Truly, the Lord works in mysterious ways. And I'm here to tell you that the victory you seek *can* be yours -- IF you are willing to think outside the "diet & exercise" box and try God's way instead.

How *Weight Loss God's Way* Transforms Your Body -- And Your Life

The *Weight Loss God's Way* program is the culmination of more than three decades of study, research, coaching -- and about a million emails from frustrated, overweight Christians. That's why putting this program together for you has been the single most rewarding thing God has ever led me to do -- and I guarantee it will fill you with something a lot more satisfying than food!

In my many years of experience as a Christian weight loss specialist, I have seen more lives *permanently* transformed through the power of God's Word than I ever imagined possible.

Along the way, I've learned what works, what doesn't work -- and why. And if you have a history of struggling and failing at fat-loss, the most important thing I can tell you right now is that real and lasting success *must* start with a clear knowledge of why your past efforts have failed.

Why *Weight Loss God's Way* Is Not A Diet Plan

The plain truth is that diets just don't work. In fact, our endless efforts to lose weight by dieting (and other physical methods) are the main reason why virtually all weight loss efforts fail!

You can buy any one of dozens (hundreds?) of diet books for about \$15 in most any book store. You may already have a bunch of them. The term "dime a dozen" comes to mind. *Why* are diet books so cheap? Because diets are so dismally ineffective! And when you see why, you'll never ever waste time on another one.

In fact, once it's clear to you why the world's weight loss "solutions" have only brought you stress, struggle and, failure, I don't think you'll put yourself through that nightmare again! It will soon be clear to you why the *only* cure for an overweight body lies in your own mind and spirit!

*"Do not conform any longer to the pattern of this world,
but be transformed by the renewing of your mind." (Romans 12:2)*

The *Weight Loss God's Way* program was to help you use God's Wisdom to transform your body -- and life -- for good. So let me invite you to leave the old ways of thinking behind, discover the life-changing power of a renewed mind, and finally enjoy safe, lasting and struggle-free weight loss.

You'll soon understand why worldly thinking and the enemy's lies were the real source of your weight problem, and why God's own Wisdom is the *only* true solution. And as we look at more than 200 Scriptures in the course of this program, you'll also see...

- Why you, a child of the Most High God, were *not* put here to live an unhealthy or unhappy life.
- How your loving Father has already empowered you -- His beloved child -- to rise above the limitations of this world.
- How you can get closer to God than you have ever been before as you start to *enjoy* a happier life in a healthier body -- just as He intended!

So if you're ready to let go of the world's ways, discover the power of God's solutions, and have your own life and body transformed, let's get started!

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The Most Important Concept In This Program:

"Are You *Worthy* Of Success?"

Yes, you absolutely are worthy of success -- at weight loss and at every other good thing in this life! You need to be clear right up front that the Lord loves you, and wants *you* to love you, too! How do we know? First, in the Old Testament, we hear God telling Moses how we are to live.

Thou shalt not avenge, nor bear any grudge against the children of thy people, but thou shalt love thy neighbour as thyself: I am the LORD. (Leviticus 19:18)

But the stranger that dwelleth with you shall be unto you as one born among you, and thou shalt love him as thyself; for ye were strangers in the land of Egypt: I am the LORD your God. (Leviticus 19:34)

So you are being told to "Love thy neighbor *as thyself*." Hmmm... Then you should ALREADY be loving yourself. Wow, what a concept! And then in the New Testament we hear Jesus speaking to the Pharisees, again describing how we are to live...

Honour thy father and thy mother: and, Thou shalt love thy neighbour as thyself. (Matthew 19:19)

Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it, Thou shalt love thy neighbour as thyself. On these two commandments hang all the law and the prophets. (Matthew 22:37-39)

Is there an echo in here? What an amazingly consistent message Scripture gives us! And then we see exactly the same message yet again, with small variations, repeated in:

*Mark 12:31,
Luke 10:27,*

*Romans 13:9,
Galatians 5:14*

And yet again in James 2:8...

*If ye fulfil the royal law according to the scripture,
Thou shalt love thy neighbour as thyself, ye do well:*

Does it get any more authoritative -- or more clear -- than this? If we are supposed to "love others as we love ourselves," the presumption is that we are ALREADY loving ourselves! What will it take to get this simple message through our world-cluttered heads?

You are a unique and precious child of the Most High God! Do you really "get" that? You are made in your Father's image. What's *not* to like-- and honor -- about that??? And if the Lord loves you, but you don't love you, then one of you is making a big mistake...

But are you really "worthy" of love, success, happiness, etc. Well Jesus certainly thought so, because He suffered and died so that you could NOT suffer and LIVE. Now, if you are worthy of His ultimate sacrifice, please tell me, what are you NOT worthy of?

And no, you are not worthy because of anything you have done. You are worthy simply because the Lord says you are. So let all your "worthiness" issues die as He died for you, and give yourself permission to LIVE as He now lives in your heart. Will you do that?

The most important transformation you can make in this program, and in your life, is to learn to see yourself as God sees you, to love yourself as Jesus loves you -- and to treat your Temple accordingly. Does that sound like a better plan than whatever you have been doing up to now?

- Your "Quick Start" Guide -

What is the most effective, most productive way to approach your *Weight Loss God's Way* program? Just start at the beginning, and as the saying goes, do it "one day at a time." Try to resist any temptation to read ahead, and just stay focused on the business at hand.

Bonus #1 - *The Hidden Secrets Of Lifelong Fitness* - This very comprehensive ebook has a lot of information about nutrition and exercise, but save it for when you are in Week Four.

Bonus #2 - *Real Client Emails* - This will make excellent supplementary reading whenever you have the time. Lots of the very same questions you may have are answered in this ebook.

Bonus #3 - *The "Life-And-Love Self-Assessment" (LLSA)* - You will use the LLSA as part of one of your Success Exercises. (You'll get full details when you get there.)

Bonus #4 - *21 Hidden Keys To Success God's Way* - This is also excellent supplementary reading whenever you have the time. It is full of great and relevant Scriptural wisdom.

Bonus #5 - *10 Power Steps To Positive Life Change* - You should read this bonus as soon as possible, again at about week three, and once more as you are completing the program.

Just go through the materials day by day, as they are laid out. Your primary focus for the first several weeks need to be on simply *identifying* your self-sabotaging beliefs (SSBs). Don't even try to "fix" them. Just ID as many as you can, and write them in detail in your Success Journal.

Remember that I am always here to help, so never hesitate to contact me ([here](#)) with any questions or comments you may have.

Peace be with you, and may God bless your success! - **Dr. Frank**

- Welcome To *Weight Loss God's Way!* -

The Bible Is Like A Wild Blackberry Bush...

... I saw on a beautiful mountain hike not long ago. The magic starts when one sweet little nugget of truth catches your eye.

As you move closer, you see many more nuggets. You soon discover a multitude of sweet rewards, just waiting for you to harvest them! So you eat freely, knowing that there will always be abundant nourishment in God's Word.

All Christians understand that the Bible gives us the keys to a wonderful afterlife. But few seem to really grasp that it also tells us how to enjoy a happy, healthy, and successful life on God's green earth *right now*.

Yes, I said "enjoy." Not suffer. Not endure. Not tolerate. Not drag our bodies from one day to the next, living as miserable martyrs until Jesus comes for us. The Lord has made it clear in many Scriptures we'll soon cover that He wants us -- you -- to have "every good thing" *here and now*.

Do you believe that God wants *you* to have vibrant health, abundant energy, and an in-shape body? He absolutely does! But tragically, most Christians I speak with seem to have little or no idea what they need to do in order to *receive* the blessings God wants to give them. (Yes, there are certain things *we* must do to open the door to receive God's gifts and blessings.)

Why are so many Christians so unclear about how to receive God's bountiful blessings?

Because their minds have been filled with so much worldly lies and misinformation that they either don't know where to start, or they simply don't believe they **deserve** to receive what God wants to give them. So one of the most important things you'll do in the *Weight Loss God's Way* program is to learn how to open up and *receive* the blessings God has for you!

How To Get The Most Out Of Your *Weight Loss God's Way* Program

I want to start out by giving you the "big picture," so you'll have a clear idea of where we're going and some of the signposts you'll see along the way. The first days will be spent *reading* and *absorbing* the information that will prepare you to make the most of the powerful and revealing Success Exercises you'll be doing in later on in the program.

Why is it so important to do both the reading and the Success Exercises? Because in order to gain the *maximum benefit* from the Success Exercises you'll be doing in this program, you need to have a clear grasp the concepts we'll cover in the earlier parts. That's what people who become Success Stories do, and that's what I hope and pray you will also do.

And speaking of your Success Exercises, here's the very first one!

- Success Exercise #1 -

My "Snapshot" In Time: Where I Am Right Now

- Today's date _____ My age _____ My height _____ My current weight _____
- I have been at this weight for _____ [] months [] years
- My "ideal" weight would be _____ - My target weight for now is _____
- I would love to be at my target weight by (date) _____
- My current health problems, if any, include _____
- I am currently taking the following drugs / medications / herbal supplements under medical supervision _____
- I am currently taking the following drugs / medications/ herbal supplements not under medical supervision _____
- I intend to lose a total of _____ pounds
- I selected this number of pounds to lose because _____
- I selected this number of pounds to lose [] by consulting with myself
[] after consulting with friends [] after consulting with a health care professional.
- I intend to lose this number of pounds in _____ days, which means that I must lose _____
pounds a week to reach my goal. This number is realistic and healthy: Yes [] No []
- My top five most important reasons for wanting to lose weight are:
 1. _____
 2. _____
 3. _____
 4. _____
 5. _____

Write all your responses in your Success Journal.

It's Time To Get -- And Stay -- In Touch With Your *Feelings*

This applies not only to these early Success Exercises, but to every exercise in this program. It's a fact that "what we can feel, we can heal." So in the following Success Exercises, it is very important that you touch on, describe, and FEEL any feelings associated with being overweight, why you got that way, how it has felt, how it feels now, and how you will feel if you stay there.

A Crucial Winner's Ingredient: Your Success Journal

Writing is NOT optional -- it's an essential component of your success. Habakuk 2:2 says to "Write down the revelation and make it plain on tablets..." I strongly suggest you follow this instruction, because you are soon going to have some profound revelations of your own!

So you *will* need to start a Success Journal, in which you'll record anything and everything relevant to your journey and your progress. This includes your responses to your Success Exercises, your new insights and revelations, any limiting beliefs you identify, and a description of your "destination."

Do this (ideally) in a dedicated notebook, or do it on the computer if you must. But *do it!*

And Yes, *Weight Loss God's Way* Is A Seven-Week Program, But...

For most people, your goal should NOT be to get to your target weight in seven weeks -- because you are on a much more important mission! You see, the *Weight Loss God's Way* program is NOT about the same old "quick fix" thinking that has actually kept you stuck where you are.

And it's not about just getting rid of the "symptoms" of your problem -- which is what your unwanted pounds actually are. It's about solving your weight problem once and for all -- at its root -- by correcting the "hidden" reasons you became overweight in the first place!

It's about investing 20-30 minutes a day for the next seven weeks so you can enjoy a struggle-free *lifetime* at your healthiest weight. (Really -- wouldn't that beat the heck out of endless dieting?) And please note: This program is designed to operate at a *relaxed pace*. I'm pretty sure your life already has enough frenzy and stress, so feel free to take it easy here!

Turning Information Into *Transformation*

Important Note: It's not any one thing you'll do that brings you success. It's the whole process -- the cumulative effect of the Success Exercises *plus* your increased awareness *plus* the simple act of devoting a focused portion of your life each day toward your healthy new goals.

The end result will be an outcome greater than the sum of its parts -- a raised and altered consciousness, a much improved body, and a dynamically powerful relationship with God!

You see, ultimately, success at weight loss -- and at life -- is about understanding who we really are in the Lord. Because as long as we believe we are powerless, we deny our own God-given ability to experience and *enjoy* the blessings our loving Father wants to give us!

This is the ultimate tragedy for Christians, and the ultimate "win" for the enemy. -- because our culture (and way too many churches) do not teach or even recognize this crucial and Godly skill. So it's our job to learn it on our own. And if you will simply devote 20-30 minutes a day for the next seven weeks, you will be amazed to discover what God has in store for you!

Important Note: You *Already Have Most Of The Skills You'll Need...*

What you will be doing in this program is really nothing you haven't (unknowingly) been doing all your life. The process you'll use to transform your life is precisely the same one you used (mostly in childhood) to make your life as it is today. The difference is that now you'll be doing it *deliberately* and *consciously* -- instead of accidentally and unconsciously.

Up to now, success may simply not have been possible for you, because so many of your beliefs were acquired from worldly "sources" that didn't grasp the power of God's principles.

In your childhood innocence, you believed almost everything you were told. Why was that a problem? Because, like it or not, you are a product of your culture -- and that culture is the source of virtually *all* of your knowledge and values.

And why is that a problem? Take a good look at the culture you're a product of! Do you see healthy people with healthy values living lives full of peace, happiness, contribution, and concern for the welfare of others?

Or do you see a society corrupted by dog-eat-dog competition, "I'm-getting-mine-and-the-hell-with-you" priorities, and steady degeneration of moral values and personal health?

I'm not trying to be a doomsayer, but I do want us to take off the blinders and the rose-colored glasses. Yes, it can be painful to look inside ourselves -- and even more painful to see the physical consequences of our unhealthy thinking in the mirror.

But you'll never get to where you want to be until you come out of denial about where you are! That's why I want to invite you to come "face to face" with the reality of your own life. I promise you that it will be the most liberating and empowering thing you'll ever do!

Where You're Going And How You'll Get There:

First we'll make sure you have a solid understanding of the problem: where you are, how you got there -- and why you'll *stay there* unless you make the changes that really matter.

You see, I know from decades of experience that if you don't fully understand the problem, then you really can't appreciate the solution -- or even grasp why it IS the solution. So I have taken great pains in the next few sections to help you understand how and why we get into this obesity mess in the first place -- and why so many of us never get out.

We'll also explore the amazing resources God has given us so that we can stop "conforming to the world" and start living His way. Then you'll learn exactly how to use these God-given resources to make the changes that will set *you* free, transform *your* Temple, and heal *your* life!

Emotional Eating: The Enemy's #1 "Secret Weapon" -- Against You

If you're like the folks I used to coach, you've probably said to yourself at some point, "It's no mystery why I can't lose weight. I just eat too much and don't exercise enough."

And you know what? On the surface, it really looks just that simple. Eat less, move more, and off comes the pounds! And that's certainly what the \$50+ billion Diet Industry has always told us.

But new research (which we'll cover in a minute) makes it clear that the *real* reason we fail at weight loss has very little to do with *what* we eat -- and almost everything to do with *why* we eat.

We now understand that the excess pounds we see and feel are not the real problem at all, but are only a *symptom* of the problem. Thanks to some new research, it is now very clear that...

Emotional Eating Is The "Hidden" Root Cause Of Almost *All* Obesity

Have you ever eaten because you were stressed, depressed, lonely, anxious, frustrated, sad, or bored? That's called "emotional eating," and if you are currently overweight, you can be 100% sure that you're eating for some emotional reasons -- even if you're not yet aware of them.

But on the plus side, we now understand *why* virtually all diets fail -- because even the best diet or exercise plan can't help you if you don't, won't, or can't stick with it. And you know what? As long as you're still doing emotional eating, *you can't stick with it!*

Sure, that's obvious enough. But what's not at all obvious is *why* you can't stick with a healthy nutrition or exercise plan. It's because of all that emotional eating!

But what is the *cause* of all that emotional eating? As we'll explore in detail a bit later, emotional eating stems directly from certain negative, self-sabotaging thinking and false beliefs you picked up (mostly in childhood) that now unconsciously cause you to hurt -- and to eat!

This was all accidental on your part -- but very deliberate on the enemy's part! And in the course of the *Weight Loss God's Way* program you'll see how all of the self-sabotaging beliefs (SSBs) that now cause your emotional eating are nothing more than *learned lies*.

And these very same lies that you picked up in childhood from the world around you are *still exerting a powerful negative influence on your body mind and spirit to this very day!* And even though it's not your fault, you still suffer. All the proof you need is right there in the mirror.

Transformation: The World's Way vs. God's Way

How in the world did we get into this mess in the first place? Where did all our toxic, negative thoughts and SSBs come from? It happened like this:

First the world transforms you -- in a bad way -- by "implanting" false beliefs in your young and impressionable mind about who you are, how "flawed" you are, and what you can (and can't) do in this life.

And unfortunately, unless "something" happens to heal your toxic thinking, you are basically *condemned* go through life operating on "worldly programming" and the lies of the enemy. The tragic result is that you pay a terrible price in the health of your body, mind, and spirit -- something you may already know about from painful personal experience.

How can we ever escape this worldly curse? God's own solution is found in Romans 12:2: You must *stop* conforming to the world and its lies, and be transformed through healthier thinking -- a *renewed mind*.

And once you reverse the negative effects of the enemy's "programming," you will not only be able to shed your excess pounds for good, but you will experience transformation in every area of your life! That's why, in the course of the *Weight Loss God's Way* program...

- You will expose and identify the hidden SSBs that have made you overweight and out of shape (and are still keeping you trapped there -- even as you read this sentence).
- You will "connect the dots" as you discover how these SSBs are (and have always been) the hidden root cause of your unhealthy eating.
- You will be shocked to see how your own SSBs are not only sabotaging your weight loss efforts and your health, but are "toxifying" every other aspect of your life -- including your relationship with your family, with your friends, with yourself, and with God!
- You will learn how to use God's own power principles to break the hold of these SSBs on your life forever.
- You will come to see the Lord in a new way, and your faith will literally be increased by leaps and bounds.
- You will become a "walking testament" to the power of living God's way instead of the world's way.
- And I guarantee you will be astonished to discover just how amazingly good you can look and feel when you are freed at last from worldly thinking and the lies of the enemy!

So if you're ready for *your* life to be transformed, let's get started!

- Week 1, Day 1 -

Our Alarming Obesity Epidemic -- And How To *Not* Be Part Of It

The Grim Facts Speak For Themselves...

- More than 76% of Americans are now overweight.
- More than 27% of us are "officially" obese.
- Childhood and teen obesity have nearly *tripled* in a single decade!
- Obesity has now replaced heart disease as the *Number One public health problem!*

Why is being overweight so hazardous to your health? Because it dramatically increases your risk of heart problems, hypertension, colon problems, arthritis, allergies, diabetes, cancer, even premature death -- not to mention the countless social costs.

What are we doing about this devastating epidemic? *Nothing that works!* We now spend more than \$50+ billion a year on Diet Industry "solutions," not to mention all the time, energy, and emotion.

And what do we have to show for it all?

- An appalling 96% of America's weight loss efforts end in failure.
- We gain back a heartbreaking 95% of the pounds we do manage to lose.
- In fact, we often gain back more than we lost! (How depressing is that ???!)

And not only does being overweight take a heavy toll on the way you look and feel, it can also reduce your energy level, your self-esteem, your social life, your sex life, and your ability to get out and enjoy the world -- or even participate in it!

But the greatest price you pay for being overweight may be the *hidden* costs.

The Tragic "Hidden" Costs Of Obesity

Unfair as it is, our society still discriminates against the overweight, and not just in the workplace. Your weight also plays a major role in the way other people see you and treat you.

The obese can also lose out when it comes to social activities, dating, love relationships, and whether they even get to have children! Over time, their self-image can be seriously damaged, and their quality of life can suffer in ways thinner people can't even imagine.

But with so many people suffering so much misery, why in the world aren't things getting any better? As it turns out, "the world" *is* the problem.

At The Heart Of The Problem: The \$50+ Billion "Diet Industry"

America's Diet Industry offers you an endless supply of diets, drugs, pills, supplements, exercise machines, and other "solutions" -- all of which promise fast results.

But what if the cold, hard truth is that *no* diet plan or exercise machine can make any lasting difference? What if the *real* reason we're overweight has nothing to do with diet *or* exercise? Then it wouldn't matter *how* many diet or exercise plans we tried. We'd always fail. And fail we do -- by the millions.

But why, exactly, do the world's Diet Industry methods fail so miserably? Because (profit motives aside) they're based on assumptions that are *just plain wrong*.

The sad truth is that we've been buried all our lives under an avalanche of misinformation, disinformation, and outright lies. We've been led down the rosy path by just about everyone -- by Diet Industry ads and infomercials on TV and in magazines, by our food industry, by our pharmaceutical companies, and even by our poorly informed health care providers.

The tragic result? Our dismal, abysmal 96% weight loss failure rate. Now any other industry with a 96% failure rate would be forced to admit that they just don't have a clue what works.

But not the Diet Industry. They just keep on cranking out superficial "one-size-fits-all," cookie-cutter weight loss methods that can only fail...which this brings us in a very direct way to...

- Success Exercise #2 -

What I've Tried In The Past, And Why I Think It Failed

1. In the past, I have tried all of the following to get rid of my unwanted pounds (list them ALL):

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

2. The methods that were most effective were _____

3. The methods that were least effective were _____

4. Why I believe none of them really got me to my goal weight and kept me there (in detail):

5. These are my true and honest feelings right now, as I am completing Success Exercise #2

Write all your responses in your Success Journal

Question: Does It Shock *You* That 96% Of All Weight Loss Efforts Fail?

It sure was a shock to me. I simply couldn't imagine how anything so important to the lives of so many people could fail so often. So I decided to get some answers.

Because of my work as a psychotherapist, I knew that lasting weight loss would have to involve real behavior change -- not just another "new diet." And I wanted the truth, not the hype. So instead of the nonsense we see on TV or in magazine ads, I looked for sources I could trust.

In the end, I found only two sources I could trust. The first unbiased source will probably come as no surprise: real clinical weight loss studies conducted by real research scientists (and not by people who "play one on TV").

But the other source I found that could provide trustworthy information about successful behavior change took me completely by surprise. It was my own Bible!

First: What The Clinical Research Revealed

The insights and discoveries at the heart of the *Weight Loss God's Way* Program are based in part on a scientific analysis of 47 individual clinical weight loss studies. Altogether, these 47 studies involved more than 14,700 people and spanned periods of up to 16 years.

The advantage of looking at lots of studies rather than just a few is that big numbers of subjects provide very reliable results, which lead to very reliable conclusions. But it's also important to understand that the scientists who conducted these research studies don't run infomercials on TV. They have nothing to sell us. They don't know who we are, and they don't care.

All They Wanted Was "Just The Facts"

I'm happy to tell you that I eventually found the answers I was looking for. All of them. I finally understood without a doubt *why* 96% of all weight loss efforts fail. But more importantly, I discovered along the way how to help people achieve lasting weight loss -- and do it *without* drugs, pills, diets, or (God forbid) surgery.

I was, of course, delighted with what the research revealed. But I was truly amazed to find that this very same information has been right in front of us all along, right where God put it so many years ago, in our own Bibles -- just waiting for us to *rediscover* it and recognize it as the timeless wisdom it truly is! And then I understood that...

God Gave Us The Keys To Lasting Weight Loss Success 2000 Years Before Science Had A Clue!

Who would have imagined that the life-changing key to safe and permanent weight loss would be found 'hiding' in a 2000-year-old book? There has always been One who knew...

"...then you will know the truth and the truth will set you free." (John 8:32)

Now maybe you're one of those folks who believe that only science could provide a solution to a "physical" problem like obesity. Or maybe you believe just the opposite -- that only He who created us has the answers to our problems. But when science and the Bible are both telling us the same thing, wouldn't we be wise to listen?

But how, you may ask, could any book as old as the Bible provide us with the solution to such a "modern" problem as obesity? It's very simple. He who made us *always* has the best solution to our problems!

Unfortunately, most of us have spent much more time in the world than in the Word. And the church we attended simply didn't understand how God's "ancient" wisdom could be applied to today's problems -- including obesity -- in a very practical way.

And as I noted before, we all grew up being told by everyone that both obesity and weight loss were physical issues, directly related to diet and exercise. Sad to say, most medical caregivers *still* think this way -- so the rest of us just believed what we were told.

Is there a link between diet, exercise, and weight? Definitely. But now we know that there's a "third element" that has a much greater influence on our weight than diet *or* exercise.

The Weight Loss "Recipe For Success"

The research revealed that...

- Approximately **20-25%** of weight loss success comes from eating the right foods in the right amounts.

- Another **10-15%** of success is the result of getting appropriate exercise.
- But an astonishing **60-70%** of weight loss success depends on correcting the *unseen root cause* of your weight problem.

What is this "unseen root cause" that influences your weight so much more powerfully than diet and exercise combined? By now, you know. It's the content of your own mind!

And as I'm sure you can see, even if you had the best diet and exercise program in the world, you'd still be destined to fail IF your own thinking was (unconsciously) sabotaging you.

The truth is that most people who fail at weight loss are *not* lazy or undisciplined. In fact, they may work very hard to lose their unwanted pounds. But no amount of "diet hopping" ever brings them success, because...

The Real Problem Isn't What Goes On Our Plates ...But What Goes On *Between Our Ears*

The research also revealed that there are specific kinds of self-sabotaging beliefs (SSBs) that lead directly to unhealthy eating, and to the unwanted pounds that result.

This groundbreaking discovery lets us zero in like a laser on the root cause of our weight problem, because the kinds of SSBs that lead to weight loss failure fall into four specific categories.

People who have SSBs in these four categories tend to be unsuccessful at weight loss *regardless* of age, race, gender, genetics, or family background. But when these same people were shown how to replace their negative or unhealthy beliefs with healthy, positive beliefs, they began to succeed at weight loss -- regardless of age, race, gender, genetics, or family background!

Because your beliefs in these four categories play such a major role in determining your weight, we call them the "Four Success Factors." We'll cover them all in detail a bit later in this program. (And as we'll also see, these very same four Success Factors are also identified in the Bible!)

To understand *why* our beliefs play such an important role in success, let's look at this list of the "Top 10" ways people try to lose weight:

- | | |
|-----------------------------|------------------------------|
| 1. diets / dieting | 6. self-denial |
| 2. calorie counting | 7. buying gym memberships |
| 3. taking metabolizer pills | 8. buying exercise machines |
| 4. taking diet drugs | 9. buying special foods |
| 5. eating low-cal foods | 10. weight-reduction surgery |

What do all these approaches have in common? Two very important things. First, every one of them is focused on something physical: diet, exercise, or surgery. Second, none of them work!

Why don't they work? Because the root cause of excess weight problem is simply not physical. Instead, it's something we can't touch or even see: our own SSBs!

Since virtually all SSBs "live" at an unconscious level, we are seldom aware of them. But even though beliefs can't be seen or touched, they are very real -- and very powerful! And if you are going to succeed at weight loss, you must clearly understand that *your* own deeper beliefs are what determine *your* behaviors and *your* weight.

But is it really a "new revelation" that our own deeper beliefs determine what we do (and don't do) in life? Not new at all! As Proverbs 23:7 so clearly points out,

For as he thinketh in his heart, so is he...

Of course, in the Bible, the phrase "in his heart" isn't referring to some part of our anatomy, but to what we believe at the deepest level of our being. Today we would call it our *unconscious*.

It is our own deeper beliefs that are the source of *all* our behaviors -- including *what* we eat, *when*, *how much*, and *why* we eat. That's why all those "diet & exercise" methods can't help but fail -- because the *real* cause of our weight problems were SSBs we didn't even know we had!

Summing Up What We've Covered So Far...

One researcher summed up perfectly why all our struggles with diet and exercise-based programs produce such frustrating results:

"Trying to lose weight through diet and exercise is like trying to get rid of dandelions with a lawn mower. Sure, you may get some temporary results. But until you solve your problem at its root, it just keeps coming back -- and bigger every year!"

The *only* way to get rid of unwanted dandelions -- or pounds -- for good is *at the root*. Is it any wonder that 96% of all weight loss efforts fail?

Until now, we've only been "attacking the symptoms" of our weight problem -- our highly visible unwanted pounds. Now we know that the *only* path to lasting success is to solve our problem at its the root by correcting the SSBs that made us overweight in the first place!

The Bad News And The Good News

The bad news is that, as long as your SSBs remain unchanged, it doesn't matter what diet or exercise plan you're trying to follow. Your own unseen SSBs will continue to sabotage you every time, just as they have always done in the past.

That's because your beliefs actually *create* your behaviors. And even though they operate unconsciously, your own SSBs are still the root cause of the behaviors that are keeping you overweight and out of shape. Like deeply worn ruts in a dirt road, your own unseen beliefs will effectively prevent you from steering your life in a new and healthier direction.

Of course, this is hardly a new problem. Even the apostle Paul was frustrated by the "hidden" beliefs that caused some of his actions:

When I want to do good, evil is right there with me. ... So then, I myself in my mind am a slave to God's law, but in the sinful nature a slave to the law of sin. (Romans 7:21-25)

Paul simply had no way of knowing that his own SSBs were unconsciously motivating *his* undesirable behaviors. So he constantly struggled with unwanted outcomes -- just as we do.

But How Can We Fix What We Can't Even See?

Just because you can't "see" the source of your problem doesn't mean you can't fix it. God, in His infinite wisdom, designed us so our physical bodies will actually *reveal* to us when there is a problem in our minds and spirits. He made our physical bodies powerful "diagnostic tools" for what's going on in our mind and spirit!

An overweight, out-of-shape body is only a visible, physical symptom of a non-physical problem in our mind or spirit. And trying to fix this non-physical problem with diet and exercise puts you into a war you just can't win -- an inner war against your own unconscious mind.

People try all the time to use their conscious desires to overpower their unconscious beliefs. It's called "will power." Why is will power so ineffective for solving physical problems? Because...

...our struggle is not against flesh and blood...(Ephesians 6:12)

The problem is *not* your flesh. It is just *showing up* in your flesh!

The Good News Is, We Now Know How To Fix That!

Let's face it. If any diet really worked, it would be the media event of the century. We'd all start on that magic diet, and soon be at our target weight. The weight-loss clinics would all close, the Diet Industry would evaporate, and we'd all be happy campers.

But we're definitely *not* happy. In fact, millions of us are unhappy, stressed, depressed, and even suicidal. Thank God we now understand that there is *no* physical solution to a problem whose true origin lies in our mind and spirit. This helps us understand why Jesus instructed us to...

*... seek first his kingdom and his righteousness,
and all these things will be given to you as well. (Matthew 6:33)*

God's Kingdom is not physical, but lies in the realm of mind and spirit. This is why Jesus tells us to seek first in the non-physical realm for the solutions to our worldly problems -- even the physical ones -- because He knows that's where the real answers will be found!

*For the kingdom of God is not a matter of eating and drinking,
but of righteousness, peace and joy in the Holy Spirit. (Romans 14:17)*

Again, we are told that the key to the success we seek is not in our diet or exercise program, but in our own *mind*.

*"You were taught, with regard to your former way of life, to put off your old self...
...to be made new in the attitude of your minds... (Ephesians 4:22-23)*

It all boils down to this: *Your* worldly thinking, produced by *your* self-sabotaging beliefs, is the real cause of *your* weight problem. And it is in your own mind that *your* success -- or failure -- will ultimately be determined. But it's also extremely important for you to understand why...

Why Your Unwanted Pounds Are *Not* Your Fault

From your earliest days, the world taught you what to believe and how to think. The world around you and the people in it -- including parents, relatives, teachers, and even pastors -- have either knowingly or accidentally taught you to doubt, fear, worry, and lose touch with who and what God created you to be.

Tragically, many churches actually help to perpetuate this problem. That's why you need to *beware* of any "guilt-based" or "shame-based" weight loss program that claims to be Christian or Bible-based. Any program that tries to make you feel bad, guilty, or sinful for being or staying overweight is not only non-Godly, but will actually make things worse!

You were designed and created by God to win! But then you were "programmed" by the world to fail. This is why Jesus made His ultimate sacrifice -- for you -- precisely because the world is SO good at making you in *its* image...as it takes you ever farther from He who made you.

Do you feel like you're already too far from God? Success Exercise #3 will help you decide:

- Success Exercise #3 -

What Will Happen To Me, My Body, And My Life If I *Stay* Overweight

No, this is not a "feel good" Success Exercise. Actually, it's more of a "feel bad" one.

Yes, I know you already feel bad about where you are. But you need to be very clear about how you feel right now, and exactly why you feel that way. For this brief moment at least, you need to be "painfully" in touch with the consequences of fat-loss failure in the future -- your future.

Please understand that being able to truly feel and *write about* your pain is a powerful step toward getting it out of your life for good, as well as a great motivator toward success. And that's especially important now that you're doing what actually works!

So let any pain you are feeling flow onto the pages of your Success Journal, my friend. It's all part of the process of *your* personal healing and transformation!

Write all your responses in your Success Journal.

The Scriptural Keys To Your Ultimate Victory

You were created by God to do good works on this earth which were laid out in advance (see Ephesians 2:10-16 for details).

But since the first day you got here, the world has been conspiring to keep you from discovering your true purpose, and from claiming and enjoying the vibrant spirit, the peaceful mind, and the healthy body God intended you to have.

Fair or not, the unhealthy beliefs and attitudes you picked up so long ago from the world are the true source of the weight problem you have *right now*. And this will not change until you replace your self-sabotaging beliefs with healthier ones.

The good news is, we now know how to do this! The key to your victory lies in a powerful Scriptural command that is at the very heart of the *Weight Loss God's Way* program:

*"Do not conform any longer to the pattern of this world,
but be transformed by the renewing of your mind." (Romans 12:2)*

So now your job -- your mission -- is to renew *your* mind.

You do this by first letting go of the worldly notion that your obesity is a physical problem with a physical solution, then by getting rid of the unhealthy, self-sabotaging beliefs that are the real, root cause of your unhealthy behaviors and replacing them with healthy, Godly beliefs that will heal your body and your life.

And that's exactly what *Weight Loss God's Way* is going to help you do!

- Week 1, Day 2 -

Why Doing Things God's Way Makes *All* The Difference!

Weight Loss God's Way succeeds where the world's ways fail for two reasons. First, because it is based on a whole new understanding of both the problem and the solution. Second, because we now stop looking to the world (and the Diet Industry) for answers, and start looking to God!

Thy word is a lamp unto my feet, and a light unto my path. (Psalm 119:105)

He who created us is the source of *all* our blessings, and He has *already* made provision for us to succeed in every area of our lives. So let's take a closer look at His Word and Wisdom, and see exactly how it will help you make your Temple a fit dwelling place for the Holy Spirit.

How God's Way Brings You Success In A World Full Of Failure

Some people say knowledge is power. But in truth, knowledge is only power when is *applied*, and applying the power of God's Word is what *Weight Loss God's Way* program is all about.

You see, God knew from the beginning what we'd be up against in this life. He knew we'd grow up in the enemy's realm, drowning in a sea of misinformation. That's why He told us that...

*Wisdom is supreme; therefore get wisdom.
Though it cost all you have, get understanding. (Proverbs 4:7)*

The good news is that it won't cost you all you have. But if you are going to succeed where most people fail, you will have to do what most people never do. Part of that will be to...

Get Your Priorities Straight!

In a Scripture we touched on a bit earlier, Jesus tell us...

*...for your heavenly Father knoweth that ye have need of all these things.
But seek ye first the kingdom of God, and his righteousness;
and all these things shall be added unto you. (Matthew 6:32,33)*

We saw that to "seek first the kingdom of God" is to stop putting worldly "wisdom" above God's Word, to look to the realm of mind and spirit for the solutions to our problems (including physical ones), and to acknowledge God as the true source of *all* our blessings.

So the Lord is telling you that you *can* have what you want -- if you will just pursue it His way!

God Did Not Create You To Passively Accept The Ways Of This World!

God creates us, His beloved children, in His own image. He also gives us an amazing amount of control over what happens in our lives -- including the choice to seek Him and be saved!

But along with our God-given power of free choice comes responsibilities. God doesn't make us fat, and He won't make us thin. He won't do for us what we can -- and should -- be doing for ourselves. But He absolutely will support us every step of the way when WE step out in faith and take positive *action* that is consistent with our faith.

You see, what so many Christians don't seem to understand is this: Faith is very important. So is prayer. But these things alone are not enough. You must also take *proactive action* toward the outcome you desire. (See the writings of James for much more detail.)

And Philippians 4:13 tells us that we can do all things through Christ. But please note that it is *we* who are supposed to be doing these things -- not Christ. And in order to have the body (and life) you want, there are certain things *you* must do to hold up your end of the bargain.

But before you can receive and benefit from all the blessings your Father is waiting to give you, you will need to be very clear that you are *entitled* to them.

Entitled? Yes, absolutely! But tragically, many Christians are afraid to even *think* about "self esteem" or "self worth." They somehow have come to believe that humility involves putting yourself down, dismissing your own desires, and accepting whatever the world dishes out.

But if that was how God intended us to live, why would He say,

You do not have, because you do not ask God. (James 4:2)

Obviously it's not only "OK" to have wants and desires, we are supposed to *ask* for them! We are children of the Most High God! We are in Christ! Our Heavenly Father wants to bless us! He loves us, so what good thing would He ever withhold from us?

True humility is not false modesty -- it is trusting the love and grace of your Heavenly Father and realizing that as His child YOU are worthy of every good thing He wants to give you!

*For the LORD God is a sun and shield: the LORD will give grace and glory:
no good thing will he withhold from them that walk uprightly. (Psalm 84:11)*

*Every good gift and every perfect gift is from above, and cometh down from the Father
of lights, with whom is no variableness, neither shadow of turning. (James 1:17)*

You Are Unique And Special. God Knows, Because He Made You That Way!

...I am fearfully and wonderfully made...(Psalm 139:14)

And even the very hairs of your head are all numbered. (Matthew 10:30)

God absolutely wants you to be healthy.

...for I am the LORD, who heals you. (Exodus 15:26)

And He wants you to *have it all!*

...it is your Father's good pleasure to give you the kingdom. (Luke 12:32)

The question is, are YOU ready to receive it?

Understanding Your Father's "Three Priceless Gifts"

Freeing yourself from the world's ways means understanding that you are much more than just your physical body. You were created body, mind/soul, and spirit, and all three are God's precious gifts to you -- much more valuable than any amount of gold or jewels!

*May God himself, the God of peace, sanctify you through and through.
May your whole spirit, soul and body be kept blameless at the
coming of our Lord Jesus Christ. (1 Thessalonians 5:23)*

"Through and through" means *all* of you -- body, mind, and spirit. Which of these three do you think it would be OK with God for you to abuse, neglect, or disrespect?

The Bible makes it clear that *your* body is the Temple of the Holy Spirit! With that in mind, what do you suppose God thinks as He looks at your body right now? If your Temple does need some healing, should you look to the Diet Industry or to the One who gave you your body?!

*"...you were dead in your transgressions and sins, in which you used to
live when you followed the ways of this world..." (Ephesians 2:1,2)*

A neglected, out-of-shape body is a sign of a disordered mind and a neglected spirit. Does the current shape of your body reveal a lack of attention to you mind and spirit?

Are You Out Of Balance...And Living A Shaky Life?

When you try to lose weight through diet and exercise alone, you are using only your physical resources. In effect, you are only running on 1/3 of your God-given resources -- and completely ignoring the other 2/3. You're like a six-cylinder car running on just two cylinders.

The result? No power, and a mighty rough ride!

Your body, mind, and spirit are equally precious to God -- and therefore equally worthy of *your* loving care. And the plain truth is that it's almost impossible to succeed at weight loss unless you align all three of God's great gifts toward your goals.

But when you do bring your mind and spirit into the program, now you're finally using *all* your God-given resources. And once you bring all your God-given resources *to* the table, you can finally get control over what's *on* the table!

You discover that it doesn't matter what "diet" you're on, because you *automatically* start to eat the right foods in the right amounts. That's why successful weight loss doesn't require struggle and hard work. In fact, the more you work and struggle, the *less* likely you are to succeed.

But when you do it God's way, the effort and struggle disappear, replaced by a relaxed confidence and the quiet assurance that you *will* reach your goals!

Does the enemy want you to keep on struggling and failing? Of course! That's why you need to very clearly understand that *every one of your SSBs was learned*, and *what was learned can be unlearned!*

And When You Dump Your SSBs, You Destroy The Enemy's Plans!

Using the Success Exercises in this program, you will break the grip of your old, negative, worldly, self-sabotaging beliefs by...

- (1) exposing them to the light of day,
- (2) consciously creating healthy replacement beliefs in the light of God's Word, and
- (3) helping your healthy new beliefs become more powerful than the old, toxic ones.

And just as your old beliefs once *prevented* you from reaching your goals, your healthy new beliefs will actually *propel* you toward your goals!

So It's Really About Replacing My Negative, Worldly Beliefs With Positive, Godly Beliefs?

Yes, that's exactly what renewing your mind is all about! But it's not quite as simple as just deciding to "adopt" better beliefs. First you have to identify the old, self-sabotaging ones -- which few people can do without some structured guidance.

As the apostle Paul found in his own life, our SSBs are almost entirely *unconscious* -- which means we simply don't know what they are -- which means we really don't *know* why we do many of the things we do, and as a result end up doing things we didn't consciously *want* to do.

Unconscious beliefs are also more powerful than conscious ones. As a result, your healthy, conscious desire to lose weight is rather easily overpowered by your own well-entrenched self-sabotaging beliefs. (One more reason why "will-power" is really no power at all.)

That's why learning exactly how to identify and *replace* your SSBs is such an important part of *Weight Loss God's Way*. Because when you do, almost immediately your healthy new beliefs start showing up in your life as healthy new behaviors!

Now the same powerful but unseen forces that once kept you trapped where you didn't want to be are now helping you get where you want to go! Once this happens, your unwanted pounds start to disappear automatically. You are literally on *auto-pilot* to succeed. Better still, every pound you lose will be gone for good!

Rethink Your Beliefs, Renew Your Mind, Release Your Excess Pounds -- And Reach Your Goals!!

Where You May Be Right Now Where You Could Be Soon Where You're Ultimately Going

Overweight	Losing Weight	To Your Ideal Weight
Unhealthy	Getting Healthier	Vibrantly Healthy
Unhappy	Much Happier	Delighted
Frustrated	Inspired	Amazed
Disgusted	Intrigued	Transformed

Replacing your self-sabotaging beliefs with supportive ones can be a very enjoyable and stimulating process. I constantly hear WLGW program owners use words like "exciting," "enlightening," "invigorating," and "liberating" to describe their experience.

And once you stop doing what doesn't work and start doing what does, you find that the old "struggle and stress" of Diet Industry methods evaporates like the morning dew, replaced by a steady progress toward the kind of body -- and life -- you've always wanted.

If that sounds too good to be true, you have some delightful surprises in store for you! You see, what's really happening here is not a mystery at all. God has laid everything out, right where we can find it. And if we asked Jesus to sum it all up for us, He might say...

*"Stop looking for physical solutions! Seek first the unseen realm, and renew your mind!
Then you will be able to reap the abundant rewards your Father has waiting for you!"*

It's time for you to open the doors to the blessings your Father has waiting for *you* -- which brings us to...

- Success Exercise # 4 -

Where I'd Like To Be, And When I'd Like To Be There

This is not so much a "fill in the blanks" exercise as a "dreaming on paper" exercise. It's time to start to form your "vision" for how you will look and feel -- and how your life will look and feel - when you actually reach your healthy goals and are able to stay there.

Proverbs 29:18 tells us that, "Where *there is* no vision, the people perish..." If you have difficulty creating a clear vision of success, then this is a wonderful opportunity to practice!

You know, children are masters at creating dreams and visions. Sadly, many of us get that wonderful skill knocked out of us on the way to "growing up." Maybe that's why Jesus said...

"Except ye be converted, and become as little children, ye shall not enter into the kingdom of heaven." (Matthew 18:3, KJV)

So dream like you dreamed as a kid, then write down *your* vision in your Success Journal!

Write all your responses in your Success Journal.

So Do We Just Forget About Diet And Exercise?

No, diet and exercise will always have a role to play, and we'll cover them both in detail a bit later (especially in your bonus ebook, *"The Hidden Secrets Of Lifelong Fitness."*)

But please be clear: Until you identify and *replace* the self-sabotaging beliefs at the root of your weight problem, focusing on diet and exercise is essentially a waste of time. *Your* time.

That's why diet and exercise must never be the *primary* focus of any weight loss program. Instead, you must shift your focus *away* from the physical world, and toward the more powerful realm of things you can't see! And when you do, you have some wonderful rewards awaiting you. According to the research, here are...

The Top Twelve Benefits Of Being At Your Healthiest Weight

1. You'll look better.
2. You'll feel better.
3. You'll be healthier.
4. You'll live longer.
5. You'll have more energy.
6. You'll feel more confident.
7. You'll look and feel sexier.
8. You'll have a better social life.
9. You'll be able to do more.
10. You'll enjoy better self-esteem.
11. You can attract a more desirable mate.
12. You'll enjoy more and better sex!

What's on your personal "top 12 benefits" list? How many ways would *your* life be improved if you could finally reach your weight loss and fitness goals? Whatever good thing you seek, know that God *wants* you to enjoy it, and *Weight Loss God's Way* will help you reach it.

These Success Exercises will lift the veil of darkness that once kept your unhealthy beliefs hidden, so you can *consciously* replace them with healthy beliefs. Right away, your new beliefs begin to create *solutions* in your life -- instead of problems. And once you start doing what works, you'll never squander another dime on weight loss "the world's way!"

It's Time To Stop Struggling Against Your Flesh

...We can do all things with God... (Philippians 4:6)

God loved you enough to create you. Jesus loved you enough to give His life for you. Now it is time for *you* to see yourself as God sees you, and to learn to love yourself as Jesus loves you.

Does this sound like a "radical" idea? Well Jesus is the King of radical ideas -- the kind that change lives -- and change history! And once you start to see yourself as a beloved child of the Most High God and treat yourself accordingly, your life will improve in ways you may not even be able to imagine right now.

No, God won't fix your weight problem for you. But He will absolutely fix it **with** you, which means that you will need to take some *action*. What kind of action should you take? Exactly the kind you'll be doing in this program. Because when you apply God's wisdom in your life, you not only lose weight, you also become healthier, feel happier, look better, and live longer!

The words I have spoken to you are spirit and they are life. (John 6:63)

Life Is An Open Book Test -- And God Wrote The Book!

When you truly understand who you are in the Lord -- that you are made in *His* image and likeness -- you automatically begin to release your "ungodly" behaviors.

When you can see yourself as the unique and precious child of God that you are, you no longer *desire* to do anything unloving to your body, mind, or spirit. You no longer see unhealthy eating as the "reward" it once appeared to be -- but as the self-punishment it really is.

The peace and blessings that connecting with God brings you are so satisfying that they will literally fill the holes in your life that you're now attempting to fill with food and other physical things. The joyous result is that getting to your healthiest weight -- and staying there -- becomes just as effortless and as natural as being overweight and out of shape used to be.

That's The Life-Changing Power Of *Weight Loss God's Way!*

Now it's time to get serious about success. Now that we've prepared ourselves for the mind-renewal process, let's get to it!

And I can pretty well guarantee that nothing you will learn in this program will ever be more important to your earthly success than understanding *how* you were "Born To Win...But Programmed To Fail" -- the fascinating subject of Week 1, Day 3.

- Week 1, Day 3 -

Born To Win...But "Programmed" To Fail

Understanding The Truth That's Going To Set You Free!

"If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free". (John 8:31-32)

During my years as a coach, I've found that one of the greatest barriers to weight loss success is that, even though people "hear" and "understand" the remarkable new research discoveries we covered a bit earlier, they still don't really "get it" where it counts.

This means that somewhere in each client is *still* a burning desire to get to the, "OK, now what should I be eating and how should I exercise?" stuff.

Please don't let that be you! Time after time, I see my coaching clients trying for about the first three weeks to stay on the "diet & exercise" track. So I make a simple rule: They are not allowed to even *mention* diet, food, calories, jogging, or the gym for the first three weeks.

Why do I make such a rigid rule? Because that's what it takes to break the deeply-ingrained, incredibly automatic, knee-jerk habit of associating diet and exercise with weight loss.

We'll get to the "diet & exercise" stuff. But we are not going to *start* there! Why? Well, let's do a super-quick review of why you (and 96% of the population) have failed in the past.

The single biggest reason you failed is because you were only attacking the *symptoms* of your weight problem instead of solving it at its root. As a result, the *root cause* of your weight problem never changed -- and neither did your weight!

No More Symptom Attacking Allowed!

Imagine you're driving your Mercedes down the road one day (you do have a Mercedes, right?), and the oil warning light comes on -- that red light on the dashboard that says, 'Hey! We have a problem! Do something fast, or it's going to get expensive.'

So you head to the local Mercedes dealership service department. An hour later your car is back outside. No more red light on the dash. Problem solved! So off you go, happily down the road. Twenty minutes later, your car comes to a smoking, steaming halt, and the engine dies.

What happened? It turns out that the mechanic was having a bad day. He'd had a big fight with his wife and couldn't focus on his work. So, rather than actually fixing the problem with your car, he simply got rid of the *symptom* by disconnecting the wire to the warning light!

It sounds crazy, doesn't it? What he did was completely unrelated to solving the real problem. But that's exactly what we do when we try to lose weight by just eliminating the symptom -- our excess pounds.

Now Let's Make It All Personal

What have you personally tried so far? How many different ways have you tried to lose weight? How has any or all of that worked for you? Why do you think that is? In a minute you'll have a chance to actually answer those questions, in the upcoming Success Exercises.

How did it feel to fail? Have you ever lost a significant amount of weight, just to gain back most of it, all of it, or even *more* than you lost? How did that make you feel?

I ask you about your feelings because I have found that it's very important to get in touch with any pain and frustration you have about your past failures. Strong emotions can be powerful motivators for success, as we'll also see in the Success Exercises.

The Many Costs Of Being Overweight

The cost of being out of shape takes many forms -- physical, emotional, financial, spiritual, and medical. What has been the cost to you, personally, of not being where you should in terms of weight and fitness?

How much money have you personally spent on weight loss in your life? How much time? How much energy? How much wasted emotion?

What has being out of shape cost you in the *past*? What is it costing you *right now*? And most importantly, what will it cost you in the *future* if you keep going down the path you've been on?

I want you to have a really clear picture in your mind of the cost of continued failure. Here are some questions for you to ponder as you review your responses to Success Exercises #3 (p.24)

What Are Your Personal Weight Loss Goals? See if you can come up with 3-5 solid goals related to how your life will be different at your healthy weight.

Are Your Weight Loss Goals Realistic? Where did you get the number that represents your target weight? Has your doctor agreed that this is a healthy number for you? In a moment of wishful thinking, many people set unrealistic target weights that are far below their healthiest weight. But the reality is that you can have great health and a great life without being at your "target" weight -- especially if it's unrealistically thin. Remember: You honor God by being the best version of yourself, not by trying to impress other humans with how skinny you are.

How Soon Do You Expect To Be At Your Ideal Weight? How long have you been where you are? If it's been quite a while, you need to be very realistic about the rate at which you expect to lose your unwanted pounds. One pound a week is a safe guideline.

But having said that, I suggest you don't "worry" at all about your weight for the next 3 weeks or so (other than your daily weighing and recording). We have more important things to focus on!

What Would Success Mean To You? What would be the benefits of getting to your target weight? How would it change your life? Your health? Your feelings about yourself? Your relationship with yourself? With others? With those you love? We're going to be taking a close look at all of those things in the Success Exercises.

What Is Your Personal Level Of Motivation to succeed at weight loss? Is it 8, 9, or 10 on a scale of 1-10? If so, shouldn't that have been enough for you to have already succeeded?

Trick question. The answer is No, because motivation *without the right information* is useless. All the well-intentioned conscious desire in the world won't help you succeed as long as you have unconscious beliefs and attitudes that are sabotaging you at every turn.

And if you've been struggling and failing at weight loss, it means that you *do* have some self-sabotaging beliefs and attitudes undermining your healthy, conscious desire to get to success.

And Finally, Who Are You Doing It All For? This may be the most important question of all, because if your aim is to lose weight for ANYBODY but yourself and your Creator, it won't work. Now it's time to go a little deeper. Now it's time you started...

We Must Never Lose Sight Of The Real, *Root Cause* Of Obesity

As Sigmund Freud discovered more than a century ago, roughly 90% of our motivations are *unconscious*. Like the tip of an iceberg, only 10% of our motivations are where we can "see" them. Most of them are hidden out of sight, where we don't have conscious access to them.

The result is that we *don't really know* why we do a lot of the things we do in life. But that's just part of the problem. Our unconscious motivations are also more *powerful* than our conscious ones. So it shouldn't surprise us that we have behaviors we can neither explain nor control, and so often do things we know we shouldn't have done, and didn't even consciously want to do.

For you were once darkness, but now you are light in the Lord. Live as children of light (for the fruit of the light consists in all goodness, righteousness and truth) and find out what pleases the Lord. Have nothing to do with the fruitless deeds of darkness, but rather expose them. (Ephesians 5:8-11)

What are these "fruitless deeds of darkness" -- especially regarding our problem at hand? And why do we need to expose them? Let's ask that same question in contemporary English: What are the real, root causes of being overweight and out of shape?

What are these "unseen factors" that affect our weight so much more powerfully than diet or exercise? By now you should be crystal clear that they are our own *motivations* -- which stem directly from our deepest *beliefs* and *attitudes*.

Here's how it works: Your own personal beliefs and attitudes reflect what you consider most important in life. This, in turn, creates your personal motivations -- which determine what you do and *don't* do in your daily life -- including how much you eat and how much you exercise.

The truth is, everything you do in life is the product of *your own motivation*. Without motivation, you do nothing. You don't even get out of bed.

Of course, your motivations also determine whether you eat the chocolate fudge sundae, or do something healthier. And if you have conflicting motivations, *the stronger one wins*. It's really just that simple.

The key to weight loss success lies, not just in *knowing* that your own beliefs and attitudes are the true source of your motivations, but in understanding that your most powerful motivations -- the real reasons you became overweight in the first place -- are probably unknown to you. In other words, you may not have a clue why you do what you do, which is why your best-laid weight loss plans keep failing.

But once these underlying causes are corrected, an amazing thing happens. Your natural, built-in tendency to eat right is *automatically* activated.

As a result, you begin to make healthy choices without even thinking about it. And when you do, your weight -- and your life -- will improve in ways you probably can't even imagine right now.

The more we learn about how we humans function, the clearer it becomes why *renewing our minds* is so essential. Our minds are where both our problems and our solutions will be found!

Open The Eyes Of Our Hearts, Lord!

Like the physical growth of children, our spiritual growth involves steps. One very important step in our transition to spiritual maturity is letting go of the world's naive ways of seeing things and open ourselves to God's higher perspectives -- even if we don't understand them at first.

But then, how could we? All we've ever known are the world's ways -- especially the child-like notion that what we can see and touch is all that's "real."

Anyone who lives on milk, being still an infant, is not acquainted with the teaching about righteousness. But solid food is for the mature, who by constant use have trained themselves to distinguish good from evil. (Hebrews 5:13, 14)

It's time to wean ourselves from beginner's milk, and move on to the substance of God's Word. It's time to let go of our childish notions and learn how God's Universe really works. We must understand that everything we *can* see begins as something that *can't* be seen.

... what is seen was not made out of what was visible. (Hebrews 11:3)

We do not understand the nature of the power we have been given by our loving Creator. We are also creators! And just as we each began as a thought in the mind of God, what we now see -- on our hips and thighs -- began *in our own mind!*

Casting Out "Evil Spirits"

In Biblical times they didn't have the awareness or the language to express the psychological concepts we're so familiar with today. They had no knowledge of unconscious self-sabotaging beliefs and attitudes or their consequences.

And there really were -- and still are -- noxious spirits at work in us. If they did know, that would make it all the more important to get our spirit and our Creator involved in the success process.

In any case, the ancients knew as we know today that those "mean spirits" were not supposed to be there, and were creating problems in people's lives. But now, thanks to both science and Scripture, we know exactly what kinds of self-sabotaging beliefs to look for.

The Top Four Success Factors: Where *Your* Solutions Will Be Found

As we saw earlier, there are four major categories of self-sabotaging beliefs that play a crucial role in determining whether weight loss success takes place. These are the "Top Four" Success Factors, as confirmed by both science and Scripture. They involve:

- 1. Your Personal Beliefs** - about what you can and can't do in this life.
- 2. Your Self-Image/ Self-Concept** - your own inner vision or concept of your physical body.
- 3. Your Level Of Self-Esteem** - whether you really think you "deserve" to win at weight loss.
- 4. Your Sense Of Self-Empowerment** - whether you see yourself as being in control of your life, or as a victim of life's circumstances.

Identifying these top Success Factors has cast a bright new light on what works, what doesn't, and why. Since they're so important to our success, we'll be covering them in much more detail.

But what we must keep firmly in mind is what we already know: The factors that influence weight loss success are primarily *nonphysical* and *intangible*.

So it will come as no surprise to you that *none* of the Success Factors has *anything* to do with diets, dieting, calorie counting, self-starvation, avoiding carbs, or anything of that nature. Nor do they involve buying pricey exercise machines or gym memberships.

But how did your personal beliefs, your self-image, your self-esteem and your sense of self-empowerment get messed up in the first place? It has always been the enemy's plan for you to be, not only out of touch with God, but also out of touch with who He made *you* to be! And from the very start of your life on earth, you have the unwittingly been the enemy's easy target, because...

This World Is Not "Neutral Turf!"

As for you, you were dead in your transgressions and sins, in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient. (Ephesians 2: 1-2)

Question: Who is "the ruler, the kingdom of the air," of this world -- which is where *you* live? The answer is: the enemy! If you have been dumping the blame on God for the mess things are in here on earth (and perhaps in your own life), you need to stop doing that *right now*.

Just as there is a powerful positive force for good in this universe of polarities -- God -- there is also a powerful force for evil, and it goes by many names: Satan, the devil, the enemy. What this means is that we need supernatural intervention because we have supernatural enemies.

For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. (Ephesians 6:12)

If you are living on this earth, you need to understand that the enemy has probably got his hooks in you. Getting saved does not change that. The enemy has the right to attack you, to come against you any time, any place, as long as you are physically in his realm.

And as you have a body, you will be in his realm. You need to know that he will be trying to trip you up, and you need to know what *defenses* you have at your disposal, and what *offensive* weapons you can use against the enemy.

The Native Americans didn't know Jesus, but they were sure familiar with "the trickster," as they called him. We need to be just as aware as they were that the trickster is still very much with us, and will do whatever he can to keep you from living God's way. And if your weak spot involves your body and your health, that's where he'll attack you.

The best defense is a good offense. So rather than suffer under the enemy's attack, attack the enemy! How? By countering his lies and negativity with God's truth and your own positiveness. (The special bonus you got with this system, the *Life And Love Self-Assessment*, will be an invaluable tool for helping you zero in on your own weak spots.)

You see, even when we become new creations in Christ, we are *not yet* a finished product. We are more like a new blank slate. We need to be written on. And guess who will do that writing if we don't. The world will write on our slate, and the enemy will surely have his hand in it.

How much power does the enemy have in your life? As much as *you* let him take. How much power does God have in your life? As much as *you* say He does. What's the cure?

Submit yourselves, then, to God. Resist the devil, and he will flee from you. (James 4:7)

Is it possible that you have more belief in the enemy's power to lead you astray than in God's power to keep you on target? Then give God power in your life by speaking God's word. Resist the Devil and he must flee!

Being a Christian in no way makes you immune from getting sucked into the world's way of doing things. So, to be victorious, you must *actively* rise above and shake off the world's ways. Do not conform to the ways of this world, but renew your mind instead.

How *do* you renew your mind? Start with these three steps:

Step 1 - Understand the true cost of having worldly priorities.

Step 2 - Get the truth from God's Word.

Step 3 - Read, hear, and speak God's Word.

All three of these actions are part of what you'll do in the *Weight Loss God's Way* program.

The Illusion Of Free Choice / Free Will

This is a concept *nobody* can afford not to understand. For most people, free choice is, in reality, neither free nor choice. Free choice requires a level of self-awareness most people simply haven't developed.

The sad (and paradoxical) truth is that we don't have any free will at all until we realize that we *never did* have any free will! In that moment of awareness, our free will is born. But until our self-awareness is high enough to grasp this concept, we are merely acting like machines. We are little automatons, and everything we do is nothing more than a series of habitual, reactive, automatic responses to "stimuli" both internal and external, and both real and imagined.

As we have seen, a major key to safe, natural, and permanent weight loss is to understand how we got into this mess in the first place, and then use this knowledge to transport ourselves to success.

It all begins with a clear awareness of how we were "programmed" to fail. To help you do that, here is part of a series of articles I wrote that pretty much "says it all" about how we're programmed by outside forces and what that really means in our daily lives -- which is the theme of today's lesson!

You Were Born To Win -- But *Programmed* To Fail

You are *not* free! If you are to succeed at weight loss, or at life, this is something you *must* understand.

Our inspiring national anthem notwithstanding, you are not now -- and *never* have been -- free. You may believe you are free, but you are farther from free than you can probably imagine. In fact, you actually live a state of *near total delusion*.

You believe that you have freedom of choice, but in reality you have *virtually no choice*. The truth is that you are *running on automatic!* In a word, you are *programmed*. Just as surely as the computer in your den, you are programmed to respond *mechanically* and *automatically* to the world around you, and to the cues, beliefs, and demands within you. Your programming started at birth, and has continued to this day.

As a result, you are on *auto-pilot*, just like the cat that comes running every time she hears the electric can opener, or the dog who goes nuts when his arriving owner's car door slams.

In Precisely This Same Way, *You Have Been On Auto-Pilot To Fail!*

You are, in truth, simply a collection of learned, habitual behaviors -- some of which are helpful, and some of which may be extremely harmful, even deadly. The worst part is that you don't have a *clue* what has been done to you. You live in an illusion so convincing that you can't even spot it. (Think "Matrix" but without the technology.)

We like to tell ourselves that "ignorance is bliss." But has your unawareness created a blissful life experience for you? This is what we get for being born into "the devil's own backyard." Or as Joni Mitchell put it in her song, *Woodstock*, you are "...***caught in the devil's bargain.***"

Talk about a deceiver! The "devil" is unimaginably good at his job -- so good that most of us don't have any idea what he's doing to us, what he's already done to us, or what it has *cost* us.

No matter who you are or where you were born, you are definitely *not free!* This is your earthly legacy. This is the world's gift to you. You don't need to like it, but you absolutely need to *know it!* You may have been "born to win," but you were soon programmed to fail.

Please understand: None of this is your fault. But it is your *reality*. And if anything is to change, that is your *responsibility*. The good news is that you CAN be free. But you will have to take a proactive role in the process. You will need to *actively* become the programmer.

This is precisely what Paul was talking about when we were instructed to "be not conformed to the world, but be transformed by the renewing of your mind." For everyone on God's green earth, that is the *real "Job #1."*

Weeding Your Mental Garden

Can you think of a single thought that originated entirely with you and did not come from some source outside yourself? You can't, of course. From day one, our minds have been filled up with thoughts that originated in other people's minds. Some were helpful, some were harmful.

I like to use the image of a Mental Garden. All your life, people have been transplanting thought seeds from their mental garden to yours. Who has planted these seeds in your life? Would you agree that some of these seeds produce flowers, while others produce weeds? What might be some examples of your own "flower" thoughts and "weed" thoughts? If you could somehow see your Mental Garden, do you think you would be willing to remove some of the weeds?

What would happen if you did? The flowers would grow better! What if you went beyond just weeding and actually replaced some of the weeds with flowers? Then your garden could bloom in ways that might just amaze you!

Well that's our goal, and that's what we're going to do. But to make sure we know *why* that's such an important activity, spend a little time thinking about what some of those weed thoughts might be and -- more important -- what the consequences of having them in your mind might be.

And please remember this as you go: It is NOT your fault that other people have planted weed seeds in your mental garden. And it is NOT your fault if these weed seeds have made your life a less beautiful or less enjoyable place to be.

But as soon as you understand the reality of how your life got to be as it is, you will understand that it absolutely IS your responsibility to weed that garden! Nobody else can do it, and if you don't do it, it will not get done.

Lean not on your own understanding. Be not wise in your own eyes. (Proverbs 3:5-7)

It's Time For Some Reprogramming!

At last the astounding truth of Romans 12:2 is clear from our modern perspective. Now, at last, we can grasp the immense wisdom that so long ago was put in the Bible to guide us in **any** age! So let's look at it one more time, in detail. Romans 12:2 brings us three crucial messages:

1. *Do not conform any longer to the pattern of this world...* I'm sure you can see by now why we're told to not conform to the world's ways and thinking. The world is a mess! Worldly wisdom won't help you eliminate your unwanted weight any better than it has eliminated war and suffering. Point taken?
2. *...but be transformed by the renewing of your mind.* Transformed! Not merely changed. God wants you *transformed*. How? By replacing your world-based thinking with His thinking!
- 3... *Then you will be able to test and approve what God's will is--his good, pleasing and perfect will.* (NIV) Why would you even want to bother with all this renewing and transforming? So that you can finally discern God's true will...what He wants. For *you* -- in *your* life! Wouldn't you really like to know? Don't you think that would be pretty important information to have one day?

Here are some other important Scriptures to reflect on:

Blessed are the meek, for they will inherit the earth. (Matthew 5:5) In the old days, the word "meek" didn't mean passive or wimpy. It meant "teachable" -- able to get your own ego out of the way. To unlearn what you have learned and learn what does work, you must be teachable.

The good man brings good things out of the good stored up in him, and the evil man brings evil things out of the evil stored up in him. (Matthew 12:35)

You reap what you sow OR what was sown in your garden by others. But either way, it is WE who, by the content of our heart, determine what will be brought forth in our lives. And it is WE who, by the nature of our "deposits" determine what the abundance in our hearts will consist of. What causes the abundance in our hearts to be as it is? Our own deposits, over time.

Want to reap something better? Try planting something better -- and try a little weeding!

*But seek first his kingdom and his righteousness,
and all these things will be given to you as well. (Matthew 6:33)*

What *is* "His righteousness?" It's living God's way instead of the world's way. The first and most important "secret" of success is to understand that we *have* been conformed to this world, and we are in desperate need of some mind renewal. Thinking and living the world's way is what created our problem in the first place. And now that we are aware of a greater wisdom, our only intelligent option is to follow it. Now that we've seen the light, we need to walk in it.

Some Potent Visual Images To Help You See More Clearly

As we have seen, your motivations -- the real reasons you do what you do in life -- stem from the attitudes and beliefs that underlie them. Recall that Sigmund Freud, the father of psychoanalysis, concluded that fully 90% of our motivations exist on an unconscious level. To help illustrate his concept of motivation, Freud used a visual metaphor called the "Iceberg Model."

In this model, the ten percent of the iceberg visible above the water represents the small fraction of his or her motivations that a typical human being is *consciously* aware of. The other ninety percent of the iceberg--the part that we can't see -- graphically represents the huge portion of our motivations of which we're *not* consciously aware. In other words, we don't even know why we do a great deal of what we do -- even when we think we do know why.

Now, if we combine the image of Freud's Iceberg Model with what I call the "Titanic Effect," we get a powerful mental image to help us "see" what we're up against. It's what I call the Shipwreck Syndrome. Even though it seemed like the Titanic would miss the iceberg, it smacked it anyway, and later sunk.

Why? Because a part of the ship they couldn't see hit a part of the iceberg they couldn't see. And so it is with our hidden motivations -- the real reasons we do what we do. It's the motivations we *can't* see and *don't* know about that end up wrecking our health.

To complete the metaphor, we simply need to note that trying to succeed at weight loss by changing from one diet to the next is like rearranging the deck chairs on the Titanic. It just isn't going to make any difference in the outcome.

Is it time for you to steer your life on a wiser and healthier course? In the next section, we'll start in on the Success Exercises that will *get you started* on that wise new course!

- Week 1, Day 4 -

Making The Changes That Will Set You Free!

You are about to do what could be the most rewarding thing you've ever done. You are going to learn how to create a wonderful new self-image, great self-esteem, a body that fits it, and all the healthy beliefs that go with it! Think of this process as the greatest opportunity for change you've ever had. Actually, if you really knew how much the exercises in this program could improve your life, they would become the high point of your day -- every day!

Weight Loss God's Way is designed to be a seven-week program. Ideally you should be starting these Success Exercises on a Monday. But if it's Tuesday, Wednesday, or whatever, don't put off getting started! Don't let that become just one more reason why you will be stuck in the 96% who fail at weight loss. GET STARTED NOW!

These Success Exercises are based on what I do with my actual coaching clients. If you will work, this program will work. So make a commitment to give it your best effort.

Invest A Few Days Now, Reap the Benefits For Decades

How many days have you been on this planet? If you're 20 years old, you've been here for approximately 7,300 days. If you're 45, you've been here more than 16,400 days. If you will invest just a **few months** in doing what you're about to learn, then *all* your future days will be dramatically improved. How might they be improved? Let's look again at...

The Top 12 Benefits Of Being At Your Healthiest Weight

1. You will look better.
2. You will feel better.
3. You'll be healthier
4. You'll live longer.
5. You'll have more energy.
6. You'll feel more confident.
7. You'll look and feel sexier.
8. You'll have a better social life.
9. You'll be able to do more.
10. You'll enjoy better self-esteem.
11. You can attract a more desirable mate.
12. You'll enjoy more and better sex.

Aren't those wonderful benefits worth investing 20-30 minutes a day for seven weeks, doing something that's actually enjoyable? That's all it takes to set yourself up for life-changing, *permanent* results. And the truth is, once you get in the habit of doing your daily "new you" activities, you won't *want* to stop -- especially when you see and feel good things happening!

And is the price really so high, considering the results we can get? Look at it this way. We are told that Jesus spent 40 days fasting in the desert so He could confront the devil and emerge victorious. If He could do that, we can certainly invest a month or two *not* fasting -- in the comfort of our own homes -- to confront a few devils of our own.

Will *you* make time for *you*, every day? I have no idea. But I can guarantee you that what you can accomplish with these exercises is more important than anything else you could be doing with that 30 minutes. It's more important than going to work, or cleaning the house, or talking on the phone, or shopping, or Web surfing, or making dinner, or even (gasp) watching TV!

That's because successful and permanent weight loss is not about what does or doesn't go into your mouth. It's about what goes on between your ears, in your mind's eye, and in your heart. Your body is really a physical manifestation -- a "symptom," if you will -- of what's going on in your mind and spirit. That's why it makes no sense (and yields no results) to focus on getting rid of your physical symptoms: excess weight.

If you will simply read all of the materials, follow all of the instructions, do all of the exercises, and keep an up-to-date Success Journal, you WILL get results. The exercises provide the fuel that can let you blast beyond your present barriers and rocket off towards lifelong weight loss and fitness success. Just remember that...

Your Commitment = Your Success

So if you are:

- ◆ serious about weight loss
- ◆ serious about getting to your healthy weight in a safe and sustainable way
- ◆ serious about making a commitment to the health of your body, mind, and spirit
- ◆ committed to enjoying the body you desire
- ◆ committed to enjoying the *life* you deserve

...then you only need to follow this program as it has been laid out. Remember, this System is not based on theory, but on the *proven principles* of successful change, both biblical and scientific.

If your weight loss efforts are going to succeed, be willing to take all the support you can get, from others and from yourself. Never forget that you're up against decades of habitually doing what doesn't work. If you need to become more supportive of yourself, make a commitment to do it. If you need to stop associating with negative people, do it. If you need better and more supportive friends, find them.

This is *your life* we're talking about. Prioritize your own success!

Making Sure Success Happens For You

To succeed where others fail, we not only need to stop doing what doesn't work, but we also need to stop thinking like typical Westerners. In other words, we need to "get real" about success. We need to be prepared, going in, to invest the time it takes to make something good happen. We need to understand that investing a few months to reverse decades of lousy programming and bad habits is a very small price to pay.

The first step toward victory is to understand that success in any aspect of life begins with the end firmly in mind. So your success must begin with a definite goal -- a clear and compelling

vision for your own future. But what is a goal? A goal is not just a dream. It's a dream *plus* a plan. Powerful goals involve both a destination *and* a way to get there. And remember that a goal becomes much more powerful when it is written because writing is an *action*, which is much more effective than a thought. So if you are serious about weight loss, writing will be a central part of your process.

We are about to begin the exercises that will literally transform your beliefs from stumbling blocks to starting blocks. First we'll focus on clarifying your dream, then we'll create your plan for making it real, and finally we'll put all of it into action.

But do not be a slave to this seven-week schedule. It would be strange indeed if each exercise evoked the same reaction or response from you. If any exercise really seems to be asking you to take a closer look at some aspect of your life, by all means do so. Put the exercise sequence on hold for a few days. In fact, if it takes you seven months instead of seven weeks, that's OK.

Just don't forget to start up again! Don't let yourself get bogged down "contemplating your navel." Move on with the exercises and move on with your life. Remember, this is all about what you want to have -- not what you already have.

Review: A Crucial Winner's Ingredient: Your Success Journal

As we noted before, you *will* need to start a Success Journal, in which you'll record anything and everything relevant to your journey and your progress.

This process should have begun with Success Exercise #1 (your "snapshot" of where you are right now), and will eventually include your responses to all the rest of the Success Exercises, including all your new insights, any limiting beliefs you can identify, a detailed description of your destination, and any "setbacks" you may have along the way.

And yes, in your journey to weight loss success, there *will* be what feels like setbacks. In reality, they are simply learning experiences. These so-called "mistakes" are how we learn to do what works. As folks in the business community like to say, there are no failures -- only "outcomes."

But don't get hung up on outcomes either. "Outcomes" are only as permanent or temporary as *you* decide they are. As Yogi Berra said, "It ain't over until it's over." The failure is giving up.

Journaling has been repeatedly shown to help people reach their goals. Not only does it involve writing things down -- which is very powerful in itself -- but it provides a record of what happens along the way. This not only shows your progress in "black and white," but also lets you record the insights you gain as you go. I have found that reading my old journals gives me a powerful sense of how far I've come, because we just can't see our progress on a day-to-day basis.

Starting Your Success Journal

Right here, right now is your opportunity to open the door to what you truly desire. It began with Exercise One. The attention you gave to that first exercise will set the tone for how you approach

everything. So if you need to redo it, do so. If real success is your goal, then make it a point to invest as much time in these Success Exercises as they -- and you -- deserve.

Get yourself a notebook, label it "My Success Journal," and grab a pen. Do it right now. Don't put it off! You are starting a revolutionary program that is fully capable of taking you to your healthy target weight, as safely and as quickly as possible, and keeping you there -- from now on.

BOTTOM LINE: To get results, you have to WRITE. If you won't do that, just quit now, call it a day, and settle for life "as it has been." You will do your writing (there will be a bunch of it) in your Success Journal. That will give you "open-ended" room to write.

Four Steps To "Auto-Pilot" Weight Loss

What is your stage of "weight loss consciousness?" Psychologist Abraham Maslow tells us there are four stages of consciousness (awareness) with anything you do in life.

Stage One: Unconscious Incompetence. In this stage we aren't reaching our goals, and don't even know where to look for the problem. We may not even acknowledge that there is a problem. Most of the population is at this stage concerning weight loss and fitness.

Stage Two: Conscious Incompetence. At this stage we now know that what we're doing isn't working, and that we need to be doing something else, even if we're not sure what it is. This is where most people are when they start working with this Program.

Stage Three: Conscious Competence. After the first few weeks of Success Exercises, you will have identified your problem beliefs and attitudes and *very consciously* will have begun to replace them with self-supporting ones. You are now solidly on your way to...

Stage Four: Unconscious Competence. This is your ultimate destination. At this stage of development, you now automatically and effortlessly do the things that keep you fit and at your ideal weight. You may or may not get there in 7 weeks, but you will be unstoppable on your way if you stay with the program. Before long, you will be on auto-pilot to be at your *target* weight!

How long does this process take? Research has shown that virtually any habitual behavior can be replaced in a month or two. Does this mean that the *desire* to do that behavior is gone forever in a month or two? No.

But in that short space of time, a new, replacement behavior--if it is consciously and consistently repeated--will become strong enough that you can *consciously choose it* with little or no thought or effort.

Instead of automatically and mechanically "defaulting" to your old, unconsciously motivated habit, you will now effortlessly and automatically default to your new, healthy behavior! It's really just that simple.

As you may already have discovered for yourself, your old, bad habits that lead to excess weight

are nearly impossible to override with mere will power. But with daily reprogramming of your mind, the healthy things you *consciously* want to do begin to replace what you used to do when you were "on auto-pilot" -- the things that kept you overweight.

After a few weeks, and with some successes under you belt (instead of that Boston Cream Pie), your new, *consciously desired* behaviors will become much stronger than your old, bad habits. Does that mean you'll never be tempted? Of course not. You will always love the foods you love.

But you will also learn how to create compelling new goals and the motivations to meet them. This will be your new "*reward structure*." And with your new, goal-supporting reward structure, your priorities will begin to shift on a deep level.

Very soon, it is your conscious mind -- and not some ancient and self-destructive automatic program -- that decides when and if to "give in" to temptation. And believe it or not, you will actually begin to see unhealthy foods, not as rewards, but as self-punishments! When that starts happening, you'll *know* you are on your way!

So if you will invest just a few months in *actively and consciously* developing new and supportive habits, you can achieve what years -- or decades -- of struggle and effort with Diet Industry approaches could never accomplish.

Where your old behaviors used to automatically *prevent* your success, they will now -- like a magic carpet -- automatically transport you *to* your ideal weight, and then keep you there! That is the magic of using your natural automaticity to work *for* you instead of *against* you.

Now Let's Get With The Program!

Let me give you a quick overview of what the Success Exercises are all about and why it's so crucially important that you actually DO THEM.

First we'll explore your self-sabotaging beliefs and attitudes so you can start discovering them, identifying them, understand the damage they're doing in your life, and start replacing them with self-supportive beliefs and attitudes.

Next we'll look at what you're doing regarding food and exercise. We'll take a look at how things are now, what changes you might want (or need) to make, and how you can accomplish that.

What you'll eventually put together is a Comprehensive "Plan A." This behavior plan will touch on every aspect of your life that relates to weight loss, including what you think, say, and do, your diet and exercise program, and how you relate to the other people in your life.

You will make changes as you learn more about you, and what you'll end up with will be your own fully-customized, multi-dimensional success plan. And along the way, it will be helpful if at least a few of the people around you know about and *support* your journey to victory.

- Success Exercise # 5 -

Creating A Support Team

Create a "support team" consisting of at least one other person you see or talk to regularly, with whom you can share what you are doing, and who will be happy to support you in reaching your goals. This can be a family member, friend, spouse, or anyone else who will sincerely do their best to be supportive of your healthy goals. Then contact them and share with them what you are doing and why, and be sure they are on your team. Stay in frequent contact.

IMPORTANT – This needs to be a person who is more positive than negative, and won't turn against you if you go slow -- or when you start to really succeed!

You can also feel free to find a support group if you feel it would be valuable. For example, a group such as Weight Watchers is OK, as long as you never forget that:

- (a) They don't know what you're doing.
- (b) They may not understand any of this if you try to explain it.
- (c) They may or may not be supportive of what you're doing here.

Most importantly, don't forget that diet and/or exercise are what I call "Phase Two" activities. That is, they are only to be attended to AFTER you have completed Phase One - which is everything you're doing in this program.

Write it all down in your Success Journal.

Staying In Touch With Reality

You will soon have the skills to get to your target weight and stay there. You will also have the awareness. Just remember, *what we think about becomes real in our lives*. What we focus on, we get more of. If you dwell on your problems, guess what you get more of. If you invest emotion in what you *don't* want in your life, you actually get more of it.

This is simply how the process works. So don't try to fight it. Instead, know it and use it to get what you want, and to get rid of what you don't. Commit yourself to one 30-minute session per day where all you do is focus your entire being on ***what you want***.

Remember, your physical body is a symptom, a manifestation, of what's happening within you on other levels. To succeed in changing the parts of you that you can see, you must first change the parts you can't see. So a major key to your success is to involve your entire being -- body, mind, and spirit--in the process of creating new and beneficial beliefs and habits.

- Week 1, Day 5 -

When Scripture And Science Tell Us The Same Thing

In this section we will look at what science has discovered about what really creates lasting weight loss success, and why. Then in the next section you will see that Scripture has been telling us the very same thing for the past 2000 years!

My people are destroyed for lack of knowledge. (Hosea 4:6)

The condition of your body and your life -- **right now** -- is largely the product of beliefs you acquired *accidentally, unconsciously, long ago*, and from *external sources*. Successful change can only be made through *your own conscious and deliberate action now*.

No external force and certainly no diet can make these changes for you. Only through the power **of your own conscious choice** can you make them. That's why God gave you this power in the first place! And He will absolutely help you succeed. But He will not do it for you. God didn't make you overweight, and He won't make you thinner.

Understanding your power of conscious choice is the prime ingredient in learning how to use it. You can only overcome the negative influences of your *past* through your conscious choice in the *present*, and thereby create a more positive *future*.

You have the power of conscious choice in every moment, but only you can decide to use it. If you don't, you sentence yourself *by default* to a life of automatic, habitual, unconscious reactions to events around you -- and to more and more of what you already have and *don't* want. *Who needs that?!*

So a major part of your job will be to create some new beliefs and attitudes. A belief is a personal "operating principle." Your beliefs are what *you* consider to be facts -- regardless of whether they're actually true. Your beliefs and attitudes act as powerful "filters" to color your experience of life. Your unique beliefs create your unique motivations, thoughts, behaviors, and habits, all of which in turn create your unique experience of life -- and your current weight.

Why The Four "Success Factors" Are Your New Best Friends!

A habit is nothing more than a behavior that has been rewarded and repeated often enough to become an automatic response to a given stimulus or situation. Some habits are helpful, and some are harmful. If you are eating more than you should be, simply be aware for now that you have some *unhelpful* habits regarding food.

How did this get started? At some point in your life, an *unhelpful* behavior was rewarded (consciously or unconsciously) either by you or by someone else, and was then repeated. It's important to understand that *at one time* this unhelpful behavior may have seemed like the lesser

of two evils. In other words, doing it was more rewarding (or less painful) than doing the healthier alternative. But if you intend to get to your healthiest weight -- and stay there -- it's time to *consciously re-evaluate* what's helpful and what is harmful -- what will help you get to your conscious goals vs. continuing to support your unconscious and unhealthy "hidden" agenda.

Never underestimate the power of your own beliefs and the habits they spawn. Every one of your food- oriented or exercise-oriented habits either (a) brings you closer to your ideal weight and helps you stay there, or (b) takes you farther from your goal and keeps you from reaching it. You must come to see that your *habitual behaviors* are the real power behind either staying where you are or getting where you want to go. That's because they do what they do *automatically!*

Using The Four Success Factors To Create A New You

Here are the four Success Factors you'll be working with to transform your self-sabotaging beliefs and attitudes into self-supportive ones. Let's see how making changes in each of them will enhance your success. View this as a warm-up, so that you'll be clearer about what you're doing when you begin the Success Exercises.

PLEASE NOTE! This is a MAJOR step toward lasting success, so don't skip over it or gloss over it. Weight loss the world's way fails so miserably because Diet Industry approaches *completely ignore* this crucial step! *This is your winning edge!* The more familiar and comfortable you are with the concepts, the less you'll need to think about *why* you're doing them, and the better you can focus on actually *doing* them. We will start by recalling that...

- Success Factor #1** involves your **beliefs about what you can and can't do in life.**
- Success Factor #2** involves your **self-image (especially the physical, visual part).**
- Success Factor #3** involves your **self-esteem (your sense of "deservability").**
- Success Factor #4** involves your **sense of self-responsibility.**

Everybody already knows "what to do" to lose weight. But we just don't do it. The *reason(s)* we don't do it invariably fall into one or more of these four categories:

1. We don't believe we can do it.
2. We have a bad self-image / self-concept.
3. We have low self-esteem, and feel like we don't really deserve to succeed.
4. We are blaming our problems on something or someone outside ourselves.

We can switch diets, jog, and even set goals 'til the cows come home, but we won't reach them as long as our self-sabotaging beliefs and attitudes remain unchanged. So let's explore each of these major Success Factors closely so they won't be strangers when it's time to work with them. In fact, all four of them need to become your new best friends!

- Working With Success Factor #1 -

You Will Create Powerful And Supportive Beliefs

It should come as no surprise that the belief that "I can and will lose weight" is the single, most important factor in weight loss success. Belief is the key to success in every aspect of our lives. That's because, more than anything else, our beliefs are what create our motivations, which are what make us do the things we do.

If you have *unconscious* beliefs that are in conflict with your healthy, *conscious* desire to lose weight, you can't win, because our unconscious beliefs tend to be more powerful than the ones we're aware of.

The research studies showed that people who *believed* they could lose weight both estimated and achieved greater losses than the non-believers. If you believe you will lose weight, then you almost certainly will. If you don't believe you will, then you probably won't. And as we'll see a bit later, the Bible is absolutely *loaded* with references to the power of belief -- the positive side of which is known as "faith."

Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours. (Mark 11:24, NIV)

So it's not exactly a new concept we're talking about. A more recent version comes from Henry Ford: "If a man believes he can or he can't, he's right." Both your long-term and short-term success depends on your belief that "I can do it!" Of course, you may ask, "But if I don't really believe I can lose weight, does that mean I'm stuck with it forever?" Not at all. No matter what you may believe right now, *all* self-sabotaging beliefs and attitudes can be corrected.

Our beliefs are also among the most deeply rooted components that define who we are, so it's not a matter of just making a "decision" to think or believe differently. How do you replace counterproductive beliefs with life-enhancing ones? You begin by staying aware that it's not an overnight process. You need to allow some time -- a month or two -- to get your new beliefs effectively installed.

IMPORTANT NOTE: You may or may not see *physical* changes at first. But that's not important, because as you correct these *root* causes of being overweight, you will find that the symptoms -- your unwanted pounds -- literally begin to disappear all by themselves.

And most of us will also have to confront our chronic impatience for instant results. Years of excess weight simply can't be *healthfully* eliminated in a hurry. Nor should they be. What was not quickly done cannot be quickly and *healthfully* undone.

The fact is that each of us has built up a certain "momentum" in a particular direction, and any attempt to change that direction will be met with internal resistance. An attempt to change it abruptly can lead to disaster. A good way to understand the problem of momentum is to look at a big ocean liner. Steaming along in a given direction, it has developed a certain momentum in that direction, and cannot quickly change course.

The same is true for our bodies. Meaningful changes do not happen immediately, but can only be the result of sustained effort in a new direction. Creating that sustained effort in a *new direction*

is the only way to keep yourself from ending up where you're headed right now. And that's what *Weight Loss God's Way* is all about.

Why Renew Your Mind? Because You *Are As You Think!*

Central to your success is a basic principle of the field of Cognitive Psychology, which is that *what* you think determines *how* you feel. Some people believe their feelings either precede their thoughts, or exist independently of them. Yet our feelings, good or bad, are actually the direct result of our own thoughts.

It's impossible to have a feeling about something until we first become aware of it. This means we have to think about it *before* we feel it. For example, if your mate gets upset with you for some reason during the middle of the day, but you don't find out about it until later in the day, at what point do you have a bad feeling about the event? No matter how upset he or she was with you all day long, you had no *feeling* about it because you didn't *think* about it.

Many people suffer needlessly because they have this relationship backwards. If you believe that your feelings come *before* your thoughts -- that your feelings come out of nowhere and land in your head like a flock of stray birds -- then you place yourself at the mercy of whatever feelings happen to be "descending on you" at the moment.

It isn't that believing actually *makes* things happen (though sometimes it actually does). But when you believe something *strongly*, the "how to" of achieving it comes to you virtually without effort. What you need to know and do somehow flows magically into your awareness.

In other words, the power of your belief becomes a magnet for the precise solutions you need. The stronger the belief, the better solutions you attract. That's why God is so emphatic about our need for faith. This wonderful God-given gift is at the core of our human creative process, and we'll touch on it often. Once we are fully focused on what we want to create, and then believe we can create it, our results are virtually assured.

Stated another way, once we're sufficiently clear about *what* to do, we need not struggle to figure out *how*. You see, much of the failure of traditional weight loss is the result of trying to force something to happen. Effort, struggle, and relying on will power are all signs that we're fighting with ourselves, that we're at cross-purposes with our own deeply held beliefs.

But when our beliefs are clear and positive, all we need to do is "let go and let God."

If the task of changing your beliefs seems a bit overwhelming, keep this in mind: Every single belief you have *right now* was put into your mind with your own cooperation. In other words, you're already a "seasoned pro" at creating beliefs. However conscious or unconscious the process may have been, you played a central role in the adoption of all of your current beliefs.

And it is you who keeps them alive today and lets them run your life by not challenging their validity. Not a single one of your beliefs can survive without your constant support. You are the only one who can keep your beliefs alive -- and you are the only one who can replace them.

But, contrary to many people's notions, your beliefs are not just a bunch of thoughts confined to your mind. Your beliefs are interwoven into your body and spirit as well. Have you ever gotten a "sinking feeling" when you heard bad news? Have you ever felt like you were hit in the stomach when a lover did you wrong? That's how we humans are built. We're multi-level, multi-dimensional beings, and to ignore that fact while we try to make changes is to guarantee failure.

And that's also why you won't be trying to change your beliefs through mental processes alone any more than you could change your weight through physical processes alone. Instead, you will take a much more powerful approach, by involving your body, mind and spirit in all you do.

Working With Success Factor #2:

You Will Create A Strong and Positive Self-Image

The second most powerful factor that determines your weight is your self-image, sometimes called your "self-concept". In your mind's eye -- in your heart of hearts -- you have a visual image of who you are and how you are. This is the "you" that you see when you close your eyes.

Your self-image is largely responsible for your present weight, and for most everything else in your life. Put a different way, what you get in life is what you "see" yourself getting. Never underestimate the power of your own mental images.

A century ago, the French doctor Emil Coué noted that... "the imagination is a much stronger force than will power; and that when the imagination and the will are in conflict, the imagination always wins out."

Since this visual image powerfully influences the actual physical body you live in, the question is, "How do you see yourself?" I'm not talking about the person you see in the mirror. That may be the one you want to change, but it's not the one that can change you. It's how you see yourself on the "inside" that's going to determine how you look on the outside.

As with our beliefs, we seldom know *how* or *why* we've created the self-image we have. That's why we so often end up with what we don't really want.

What this means is that, to get to your healthiest weight, you must be able to "see" yourself there. So a major step toward getting the body you desire is being able to *visualize it*. And the more clearly you can see yourself as being at your desired weight, the sooner you will get there.

What Your Self-Image Is: Very simply, your self-image is your mental picture of who you are. Though primarily a visual image of your body, it also to a degree involves mind and spirit.

Have you ever heard someone say, "I just can't see myself doing / being so and so"? That's a powerful statement of belief, but it's a statement of *negative* belief. This creates a *negative* self-image -- which no one who wants to lose weight can afford. That's because, just as a positive belief will move you toward success, a negative, self-sabotaging belief will actually keep you

stuck right where you *don't* want to be: overweight.

Although your self-image is more "imaginary" than "real," what it *does* is very real. It provides the "vision" by which you unconsciously create much of your life. That's why it's such a powerful factor in weight control. Your vision of who you are reflects *your perception* of reality, which is much more powerful than reality itself.

Where Your Self-Image Came From: Where did your present self-image come from? Its origin was actually external; it came from "out there." You got it from "the world," along with all your other beliefs. Your self-image is really a "composite" of all the things you have heard about yourself from others, and then internalized (believed).

It is these *external* origins we most need to understand. As children we did not -- and could not -- see ourselves clearly. We could only see ourselves through the eyes of others. As such, our budding self-images were almost entirely at the mercy of what others told us about ourselves.

But it wasn't just individual others (like Mom and Dad) who were so influential. It was also what psychologist George Mead called "The Generalized Other." This is the same group of people we often refer to as "they." You know -- the people we're talking about when we wonder, "What will they say?" "What will they think?"

Freeing Yourself From "The Tyranny Of OPO" (Other People's Opinions)

As adults, we need to realize that "they" have no right to run our lives. Unfortunately, many of us live our lives as if "they" still did. In fact, this problem used to come up so often with my coaching clients that I coined the term "OPO" -- shorthand for "other people's opinions."

Given the highly unconscious level at which children operate, we were very vulnerable to outside influences in early life. As a result, many of us learned (were taught) to see ourselves as imperfect, bad, flawed, incompetent, and a whole host of other negative adjectives. But even worse, since our self-image so strongly affects our experience of life, we then created an experience of life to match our negative view of ourselves -- a truly vicious cycle.

You were not put here to meet other people's expectations! You were put here to discover and then *do* what God put you here to do. But as long as your life continues to be run by OPO, you will probably never know what your true mission is!

It's extremely important to understand that OPO was not only the *source* of your SSBs in all four of the "Success Factor" categories -- but you also live in fear that these very same people who messed up your mind in the first place are now going to judge and criticize you for the way you think and act based on the SSBs they gave you!!

So if the SSBs that OPO gave you in the *past* weren't enough to drive you to emotional eating, the crap you get from them in the *present* probably is! This is why I keep telling you: Your excess pounds are not your fault! But for better or worse, getting them out of your life IS now your responsibility.

Unfortunately, many of the beliefs, perceptions, and notions we now use to create our daily experience of life came from people who themselves felt flawed and imperfect. So we actually end up living a "secondhand life." You deserve a better deal. And now you will get one!

How Your Past Self-Image Created The "You" That You Now See In The Mirror

The most important thing to understand is what your self-image does, and how it does it. Few of us comprehend the incredible power of our self-image to control every aspect of our lives. That's why changing it can -- and will -- have such a powerful effect. No matter what the world "out there" tells you about yourself, it means nothing until you internalize it -- until you *believe* it -- until you "buy" it.

What you have "bought" so far may include an unrealistically negative opinion of yourself *and* an unrealistically positive notion of what bodies "should" look like. A real double whammy!

A flawed self-image is at the root of many of our problems, and often shows up as excess weight. While it's a bit depressing to realize the role others have played in damaging our self-image, we need to keep in mind the role *we ourselves* have played, to understand how our own power was involved, and then take a very proactive role in constructing our new and improved self-image.

The Keys To Creating a Positive Self-Image

Consider the following two people, both of whom are, say, 20 pounds above their target weights: Person Number One, in her mind's eye, sees herself as an overweight person who's trying to get to her target weight. On the other hand, Person Number Two sees herself -- in her mind's eye -- as someone who is at her target weight, but who has accidentally put on 20 extra pounds.

Who do you think will be more successful at reaching her target weight? Person Number Two, of course. That's because her self-image is that of a person who is *already at her target weight*. And to the degree she really sees it and believes it, she will achieve it.

There is an old expression that says, "What a man can conceive and believe, he can achieve." Psychologist and best-selling author Wayne Dyer has also titled a book, "*You'll See It When You Believe It.*" The message is that what happens in our minds -- what we can envision and will believe -- is what determines what we'll ultimately experience on the physical level.

This is in sharp contrast to the thinking reflected in the traditional expression, "I'll believe it when I see it." If we are ever to have healthy bodies, minds, and spirits, we must be willing to cast aside the old, limiting thinking wherever necessary because...

If you always do what you've always done, you'll always get what you've always gotten.

Let's not do what we've always done. Instead, let's be aware that our power for positive change comes from the very same automatic processes that have, until now, been our dictatorial masters. The moment we realize this, we gain the power to become the master instead of the victim.

A (Very Personal) "Case Study" In Self-Empowerment Through Healthier Beliefs -- I.E., Personal Transformation Through A Renewed Mind!

Is it really possible to change your self-image? Indeed it is! Let me share with you a brief story from my own personal experience. For the first fourteen years of my formal education, I was regarded by others (and by myself) as a "lousy student." And I had the grades to prove it...an average just high enough so I didn't flunk out every year.

I had what's now called ADD -- attention deficit disorder (with some dyslexia thrown in for good measure). What that means, for those of you fortunate enough not to suffer with it, is that I couldn't keep my attention on what was happening in the classroom. For some reason, whatever was going on outside the room or inside my head always seemed more interesting.

Of course, if you don't pay attention, you don't learn anything. And if you don't learn anything, you get bad grades. I did so, consistently. As a result, my self-image was a mess. I saw myself as terribly incompetent, and didn't have a clue how to fix the problem.

I was a textbook example of someone creating a lousy real-life experience consistent with my lousy self-image, and both of them constantly reinforcing each other. (Could this be you, too?)

But in my third year of college (yes, I did somehow manage to get into college), all that changed. For reasons beyond my control, I ended up sitting in the front of the room. (In grade school I was always stuck in the back of the room, due to the fact that my last name started with "s.") Now, since there was no place to "hide from the teacher," and since I was close enough so that I couldn't help but pay attention, an amazing transformation began to take place.

In the space of one semester, I became an "A and B" student. I want you to understand that this shocked *me* no end. And it also shattered my old self-concept--so much so that the following semester I became a "straight A" student. Ultimately I went to two graduate schools and maintained a near-perfect grade point average throughout my studies.

Why am I telling you this? Not to brag (although I am certainly proud of what I accomplished), but to illustrate -- to celebrate! -- the fact that a deeply entrenched, lifelong self-image could be quickly and utterly transformed. (And believe me, "D" student to "A" student in two semesters is a BIG transformation.) It was real-life proof that even an old and deeply flawed self-image can be dramatically changed, and in a remarkably short space of time.

How can you apply this lesson in your own life and make powerful modifications in your own self-image? Here are some general guidelines:

Now You Can Transform Your Own Self-Image -- *In A Positive Way!*

The process of improving your self-image can be both enjoyable and extremely rewarding. In a very real sense, it's like starting with a blank canvas. But the tools you will use to create your new self-image are not brushes and paints. Not physical ones, anyway. You will use your beliefs, your imagination, your emotions, and all the other resources of your body, mind, and spirit.

Does all of this stuff seem a little confusing? A bit bewildering? If so, remember that this is not "mainstream" weight loss treatment we're learning. And keep in mind the 96% failure rate of those traditional, mainstream, conventional, Diet Industry "solutions." You are in the very fortunate 4% who will get to enjoy real and lasting success.

So let these new ideas percolate into your brain and body. Begin to appreciate the astounding power your self-image has to influence your daily, hourly, moment-by-moment, *right-now* experience of life, and to make changes in the body you call home. This awareness is a crucial part of your success formula, and you'll be more "psyched" for success when the time comes.

I also want to encourage you to be extremely gentle with yourself as you shape your new self-image. Besides, if you're anything like me, you've already had more than enough criticism in your life. So I want to invite you to...

Stop Bashing Yourself, And Start Loving Yourself!

Believe it or not, if you hate your body, or feel contempt or shame for it, you are actually helping to *keep* it in the out-of-shape condition you dislike so much. The negativity created by your own self-criticism serves to keep you from internalizing the positive ideas that would otherwise bring you the very success you seek!

So, to get your body from where it is to where you want it to be, you'll need to stop hating it and start loving it...*right now*. Only the inner harmony created by loving your body in the present can get you the results you want in the future. Otherwise, you will continuously be at war with your "self" -- a war that "both" of you are bound to lose.

Working With Success Factor #3

You Will Increase Your Self-Esteem and "Deservability"

In basic terms, your self-esteem is a measure of what you think (believe) you deserve in life. Studies show that the body you carry around with you reflects your level of self-esteem. In other words, you end up with the body you *believe* you deserve.

Tragically, many Christians have severe "deservability issues" that are blocking the blessings God wants to give them. In addition to your weight, many other aspects of your life are influenced by what you believe you deserve. In fact, people generally end up with exactly what they think they deserve, in every area of life.

What it means in the real world is this: If you learned (or were taught) not to value yourself very highly, you may be suffering from an impaired sense of *deservability*. This often shows up in the form of excess weight. Why? Because, deep in your heart, you may not believe that you truly deserve the extra attention, the admiration, or the potential happiness that could result from being a thinner, more attractive, more confident you.

All self-destructive behavior, whether consciously or unconsciously motivated, is a sign and a consequence of insufficient self-regard / self-esteem. Two things to know about low self-esteem:

1. It is NEVER justifiable. You are God's own magnificent and unique creation! You are made in His image and likeness!
2. It ALWAYS carries a high price tag. It costs you terribly, in every aspect of your life, for as long as you are willing to put up with it.

Before we get to the next Success Exercises, I want you to clearly understand how your body, mind, and spirit are *jointly* involved in creating, maintaining, and changing your beliefs, your self-image, your self-esteem, and all the other Success Factors. Your healing work will make more sense after you see how all the pieces fit together.

I want to emphasize the importance of your spiritual aspect for two reasons. First, as we have already discussed, it is our spiritual aspect that is most neglected here in the West. Second, it is in working with a spiritual focus that we will enjoy the fastest and most noticeable results.

MAJOR PARADOX: Many people want to lose weight so they can feel better about themselves. That's not illogical, just backwards. If you will first learn to feel good about who you are, and to see yourself as you *desire* to be, your weight problems will take care of themselves -- without effort or struggle. You won't need any will power because a much stronger power -- your own unconscious mind -- will automatically be taking care of it for you.

The Success Exercises will make major changes in your beliefs *and* in your weight. If you will give these exercises the attention that they deserve -- that you deserve -- you will discover that your unwanted weight is, indeed, only a symptom of something less visible.

But unless you really "get" that you have been the unwitting victim of your own past experiences, and then commit to do something about it now, your entire life -- cradle to grave -- may be spent as a puppet whose strings are operated by dozens, perhaps hundreds, of other people. People who don't even know they have the power to do it. And they will literally have the power of life and death over you...until you awaken and take it back.

It's time for you to take back the reins to your own life. It's time for you to reclaim the power that is rightfully yours. In these Success Exercises you will have the opportunity to create a whole brand new set of beliefs. You can dump as many of your old ones as you like, and say goodbye forever to the unhelpful habits and behaviors they spawned. Make sure you *do it!*

Your Own Motivation Will Power You To Success!

In the research, the single best "predictor" of weight loss success was people's answer to the question, "How bad do you want it?" Motivation is one thing that only you can provide. But again, I'm not talking about will power. Will power is a losing game. It's about *resisting* your current motivations. That never works. What we will be doing is to change your beliefs, which will, in turn, create healthier motivations.

It may take you a while to stop associating your weight with your diet, and automatically assuming a direct cause-and-effect relationship between the two. After all, that's what you've been doing your whole life. But no matter how much the information in this manual conflicts with your pre-existing beliefs, keep approaching it with an open mind. If you do so...

You Will Take Your Self-Esteem -- Your "Deservability" -- To A Whole New Level!

Who deserves love more than you? I have seen that simple question bring people to tears. So many of us feel so deeply unworthy that we can barely even consider loving ourselves, let alone imagining that anyone else could *really* love us. So we fear to look any deeper within ourselves than absolutely necessary, because we expect to be repulsed at what we find. Far too often, we fear that we are ugly inside and out, that we're simply fundamentally flawed as human beings.

Sadly, organized religion has done much to foster this tragic and destructive notion. Just as misinterpretation of the Koran has led Islamic fundamentalists to lives of terrorism and destruction, selective reading and "interpreting" of the Bible has done a terrible amount of damage to us from within our own culture.

It's no longer a secret that medieval clergy used fear and out-of-context Scriptural quotes to bludgeon poor and ignorant peasants into spiritual submission. Folks, we're just not there any more. Let us step boldly into the new millennium and read these messages for ourselves.

If anyone ever told you that you were "a sinner," remember that the word "sin" simply comes from an archery term meaning "to miss the target." We all do that from time to time. So let's leave behind *all* the condemnation that has come to us from other humans in our lives. By what right or authority does *any* other human being criticize you?

That is a crucially important question. Your self-esteem -- your sense of what you do and don't deserve in life -- has been at the mercy (or lack of mercy) of those around you since you were born. Your power to create does not come from other human beings. It is the number one gift your Creator gave you. Reclaim it! Use it! You deserve it!

A question I like to ask in seminars and workshops is this: "Who has ever had any concerns about being liked by others?" Then I point out that, "Anyone who didn't raise their hand is either up to their ears in denial, or is afraid we won't like them if they admit it!"

The fact is, we've all worried about how much other people like us. But we need to understand: There will ALWAYS be people who like you, and there will ALWAYS be people who don't.

The "Bad" News Is, There's Nothing You Can Do About "OPO" The Good News Is, It Doesn't Matter Anyway!

As a Christian, the Holy Spirit lives within you. And when you really come to accept that you

truly are made in the image and likeness of your Creator -- then you have touched your own true nature. And when the reality of who you are in the Lord finally registers upon your mind and spirit with full impact, you will automatically begin to *see* yourself and to *treat* yourself with the reverence you deserve.

And as the deeper realization of who you are becomes part of your daily experience, then the unhealthy, "ungodly" things you once did to your body, mind, and spirit will simply fall by the wayside. You can have a big number on the self-esteem scale... or a big number on the bathroom scale. But not both. Which would you prefer?

You can have a lot of self-esteem, or you can have lots of belly fat, but you can't have both. If you think anyone else deserves love more than you do, then hold that thought in your consciousness. You will soon have a chance to add it to your list of Limiting Beliefs...and *fix* it.

And by the way, if all this talk about deservability is making you have a response you can feel -- perhaps in your heart, or your "gut," please take note. It means that your spirit is sending you an important message. Please don't ignore it, and don't resist it. Instead, acknowledge it and take it to heart. It's an important key to your future success!

Working With Success Factor #4:

You Will Develop An Empowering Sense Of Self-Responsibility

As we have seen, your ability to lose weight depends largely upon your belief that you can do so -- that you think it's a real possibility...for *you*. But to enjoy lasting success, you also need to believe that your success is up to you, rather than someone else. This means that you won't be blaming other people, events, or situations for your weight problems, but instead are taking *full responsibility* for them (which, by the way, is not at all the same as taking *blame*).

Huge numbers of people are overweight simply because they believe they have no control over what happens in their lives. But they know they have control over what goes into their mouths...so they exercise what control they think they have.

Since they already feel deprived and powerless in so many other areas of life, they certainly aren't going to opt for yet more deprivation in the one area they can control. So they cram food into their mouths in an effort to compensate for the emptiness and powerlessness they may feel elsewhere in their lives.

This is truly a tragedy, and illustrates why you *must* discover and embrace your own power. Like the other Success Factors, self-empowerment is a crucial ingredient in weight loss success.

If you think somebody other than yourself has the power to make you gain or lose weight, you've simply been led astray. Unfortunately, our society teaches us to be quick to blame and slow to take responsibility. So it's not surprising that we learned to do that.

Do you believe you have the power to control your own life experiences, your own destiny? Or

do you see yourself as a powerless victim of other people, other things, or of circumstances outside yourself?

Do not be deceived. Your weight is your own responsibility. Nobody else made you overweight, and nobody but you can fix it. By the time we get to the Success Exercises, I hope you'll feel fully empowered to make any changes you want in your beliefs, your self-concept, and your self-esteem.

By the way, both fear and incentives are poor motivators because they rely on external factors, one negative and one positive. When these external factors disappear, so does your motivation. The best motivation is the joy of accomplishment and achievement. This is internal, self-motivation. It comes from internal factors and does not depend on anything else or anything outside you.

What is the relationship between taking responsibility for your life, your thoughts, and your circumstances, and having the power to determine what happens in your life? Here is what I can tell you after almost 3 decades of studying human behavior. We start to get some real control over what happens in our lives *only after* we run out of people, events, and things to blame for the way our life is, and for the way *we* are -- which is actually the same thing.

This is almost impossible to do at age 20. At 35 we have a much better chance. By age 50, we may have lost a lot of our learned illusions about life, and may be ready to end the blame game.

Enhancing Your Sense Of Self-Empowerment

Your current sense of self-empowerment has brought you to where you are today, wherever that may be. If you aren't happy with where you are, you now have the opportunity to change it. It's vitally important that you understand *whom* you're really trying to lose weight for. If your primary goal is to please anyone other than yourself (and your Creator), you are already in trouble.

You need to be pursuing your weight loss goals so that you can become your healthiest and best self, and so that you can say to God, "Father, this is how much I care for the closest example of your creation in my life: Me! Here am I, your loving child, the physical temple of your spirit. I will only do unto myself what honors you, my Creator."

I tell you truly, if you could embrace that attitude with your heart and your mind, your body would begin to change before your very eyes. You see, it is not your present sense of self-empowerment that matters, but the one you are about to create. If you will simply do what you will learn to do, any past feelings of victimization will melt away -- along with the excess pounds they may have brought you.

As your physical body becomes trimmer, leaner, healthier, and more powerful, your sense of control over your own life will take on new power and vigor. You will *feel* in control. And because belief determines reality, you will therefore *be* in control. That's why a sense of self-empowerment is one of the greatest gifts you can give yourself.

But it is a gift that *only* you can give yourself. Obviously, no one else can give it to you, because it isn't theirs to give. It is only yours to discover and use. And when you do, it will be a truly life-changing event, and will put you in touch with a power you will never again wish to be without.

- Success Exercise #6 -

Starting To Work With The Four Success Factors

Part 1 - Right now, I want you to memorize the Four Success Factors, because they are at the heart of this program. It will be one of the most life-changing things you'll ever do, I promise.

Part 2 - Then write down the Four Success Factors in your Success Journal, and beside each one "rate" yourself on a scale of 1-10 as follows:

- A score of "10" means you think you have zero problems in that area -- i.e, no self-sabotaging beliefs or attitudes related to that Success Factor -- that you've "got it nailed."

- On the other hand, giving yourself a score of "1" re that success factor means you're a basket case where that area / Success Factor is concerned, and you know it.

Part 3 - Then begin to identify and list any self-sabotaging beliefs and attitudes that come to mind. Most of them will probably start with "I can't...or "I never...," or "I always..." Then write your answers in your Success Journal. The more you can get in touch with the truth -- *your* truth - and put it down on paper, the more you will benefit.

What are self-sabotaging beliefs and attitudes? Quite simply, it's anything that tells you (a) you can't do what you dream of doing, or (b) you have to continue doing something that takes you farther from your dreams. Since your self-sabotaging beliefs and attitudes are at the core of your problem, replacing them with life-enhancing beliefs will be at the core of your solutions.

Self-sabotaging beliefs and attitudes are associated with a disease called "excusitis." Your self-sabotaging beliefs and attitudes become built-in excuses for staying where you are, and for not making progress toward your conscious desires.

Your excusitis *and* your self-sabotaging beliefs and attitudes both need to go. Begin by making a list of any self-sabotaging beliefs and attitudes you can identify, and the excuses you most often use for not losing weight. Other examples:

"I'm too _____"

"I'm not _____ enough.

"I can't lose weight because _____"

"I haven't lost weight because _____"

It's very helpful to get all your self-sabotaging beliefs and attitudes and excuses out in the open so you can see what you're really up against. Once your self-sabotaging beliefs and attitudes and

excuses are in writing -- right in front of you -- you'll see what stands between you and your goal. So grab your pen and start writing your answers in your Success Journal.

See if you can ID three limiting (self-sabotaging) beliefs (SSBs) for each of the four Success Factors, giving you a total of 12 limiting / self-sabotaging beliefs.

Let the energy you put into this exercise set the tone for how you will approach all the rest of them. You're serious about weight loss. That's why you're committed to doing these exercises and profiting from them. You know that nothing will change unless YOU change it. Otherwise, the future will merely be a carbon copy of the past. And that's not good enough for you.

Remember to write down your responses in your Success Journal.

As you continue on the road to success, you will almost certainly uncover more of your limiting beliefs. Don't avoid them or hide from them. Bring them fully into your conscious awareness. Be sure you write them down. Be sure you know what they are and get them out into the light of day. Knowledge is power. This knowledge is your power.

A Core Concept Of Your Success

Keep in mind that your beliefs have only as much power as you give them. Your beliefs do not have any power without your consent. Indeed, they don't even exist without you.

Of course, you'll always have beliefs, and they'll always have the power to run your life. It's just the way we humans are designed. Your mission is to replace your old it-will-never-happen beliefs to new I-will-make-it-happen ones.

Now let's see what The Bible has to say about all of these "newly discovered" success secrets.

- Week1, Day 6 -

What God Wants *You* To Know About Victory

- The 4 Success Factors And The Bible -

Since this program is called *Weight Loss God's Way*, let's look at what He who created you has to say about how to make healthy changes in your life. Recall that the four major Success Factors identified by the research are:

1. The belief that you can and will succeed
2. A positive self-concept / self-image
3. Sufficient self-esteem -- a feeling of worthiness and "deservability"
4. A sense of self-empowerment / responsibility -- accountability for your own life

What it all means is that, when you correct your self-sabotaging beliefs, make your self-image healthy, get your self-esteem up where it belongs, and take full responsibility for what happens in your life, you create the conditions where your weight will not only move toward its healthiest level, but will do so *without effort and struggle*.

Better still, your losses will become permanent, *and* they will do so without the feelings of sacrifice and self-denial that inevitably go with old-fashioned weight loss methods.

Although the delightful result of these changes is that your excess weight begins to disappear almost as if by magic, it really just seems like magic. Actually, being at your ideal weight is the *natural result* of correcting the beliefs and attitudes that have been keeping you overweight.

Now let's see what our Creator has to say about the top four Success Factors.

The Bible And Success Factor #1: Your Beliefs

There are so many Bible references to the power of belief that we couldn't begin to include them all. Some form of the word "believe" is actually used roughly 175 times in the entire Bible.

Therefore I say unto you, What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them. (Mark 11:24)

What's fascinating to note is that only 21 of these mentions are in the Old Testament--which is fully 77% of the Bible by volume. By comparison, the New Testament--which is just 23% of the Bible, mentions "belief" or "believes" some 154 times.

Since the New Testament is really all about the New Covenant between God and the followers of Christ, this makes a powerful statement about the awesome power of belief. The very first use of

the word "believe" in the New Testament carries a clear message for us (Matthew 9:28,29). Here Jesus has been approached by two blind men asking to have their sight restored:

When he had gone indoors, the blind men came to him, and he asked them, "Do you believe that I am able to do this?" "Yes, Lord," they replied. Then he touched their eyes and said, "According to your faith will it be done to you."

Please note *whose* belief is going to determine the outcome. Not the faith or belief of Jesus, but that of the blind men. This is a clear statement of the power of *our personal* belief. And the power of belief is a constant theme in the New Testament.

Everything is possible for him who believes (Mark 9:23).

Let's make sure we got that. All things are possible to those who...

Wish?	Hope?	Desire?
Plead?	Struggle?	Whine?
Want it?	Complain?	Argue?
Throw a fit?	Worry?	Plead?
Grumble?	Pretend?	No - Believe!!

I tell you the truth, if anyone says to this mountain, 'Go, throw yourself into the sea,' and does not doubt in his heart but believes that what he says will happen, it will be done for him. Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours. (Mark 11:23-24)

Though you already know all this, I want to remind you that the Lord delivered his people out of Egypt, but later destroyed those who did not believe. (Jude 1:5).

Boy, nothing subtle about *that* message! And Hebrews 3:12 calls a heart of unbelief an evil heart: evil = unbelieving.

"Take heed, brethren, lest there be in any of you an evil heart of unbelief, in departing from the living God."

He staggered not at the promise of God through unbelief; but was strong in faith, giving glory to God. (Romans 4:20)

By the way, *unbelief* does NOT equal *nonbelief*. It is not possible to believe nothing. Unbelief is believing something other than the truth.

A Special Kind Of Belief - There is a special variety of belief called "faith" -- the positive pole of belief. In fact, the two words often appear to be used interchangeably. As with belief, faith is also a central focus of the New Testament. In fact, of the 231 times the word "faith" is found in the Bible, an astonishing 229 of them are in the New Testament!

"By faith is God's righteousness revealed." (Romans 1:17)

"I tell you the truth, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there' and it will move. Nothing will be impossible for you." (Matthew 17: 20)

Then touched he their eyes, saying, According to your faith be it unto you. (Matthew 9:29)

"...O thou of little faith, wherefore didst thou doubt? (Matthew 14:31)

And Jesus said unto him, Go thy way; thy faith hath made thee whole. (Mark 10:52)

What's crystal clear is that the New Testament is filled to the brim with references to the importance of belief and faith. But why are our beliefs so powerful? Because they influence all the other Success Factors. Is your body image related to your beliefs? Of course, it is. How about your self-esteem? No question.

In fact, when we look at any of the success factors, we can see how beliefs are directly linked to them. Your sense of self-empowerment depends entirely on your own beliefs. If you don't think you have power, then you certainly can't use it -- which is the same as not having it. So God is saying that the core ingredient in success is to *change your beliefs* from self-destructive ones to self-supportive ones.

Spiritual Success Stages:

1. First you believe that God CAN do it.
2. Then you believe that God WANTS to do it.
3. Then you believe that God WILL do it.
4. And you KEEP BELIEVING - you stay in FAITH.

Belief is the #1 key to getting *whatever* we want in life. Unfortunately, belief is also the #1 key to getting what we *don't* want in life. How can this be true? Let's begin with a famous Scripture from Proverbs:

As [a man] thinketh in his heart, so is he. (Proverbs 23:7)

What does that *really* mean? To understand it better, let's switch the parts around. A man is as he thinks in his heart. What heart? Not the blood pump, but the metaphorical heart. A man is what he believes he is in the deepest part of himself -- in his unconscious mind.

Does God say we are what we *want* to be? What we'd *like* to be? What we *wish* we were? No, God says a man is what he is because of what he *believes* he is...in his heart of hearts. What makes our spirit the way it is? Our belief. What makes our mind the way it is? What do you think would be the result of having a mind that's crammed full of thinking the world's way?

What did Jesus tell us about our mind? That we need to *renew* it. What does God tell us

determines who, how, and what we are? And what does the scientific research tell us is Success Factor #1? If we want to make changes in any part of who we are, what do we FIRST need to change? So if we want to make changes in our body -- in our weight -- where MUST we start?

The Bible And Success Factor #2: Your Self-Image

Let me point out again that it's not about how we "see" ourselves in the mirror, but in our heart of hearts. The Bible says that if you believe it in your heart, it will be yours. We now understand that the "you" that you see in your mind's eye is the one that eventually becomes real.

Few of us imagine the tremendous power we have to create our lives as a result of the visions we hold in our hearts. Fewer still understand that we create our actual physical selves according to the image -- the self-image -- we hold in our minds.

What kind of a self-image does the Bible tell us that we should have? Genesis 1:26 says you were made in God's image and likeness. That's a pretty powerful statement. If you were looking for a self-image booster, that's as potent a one as you'll ever find.

When God created man, he made him in the likeness of God. (Genesis 5:1)

For a man indeed ought not to cover his head, forasmuch as he is the image and glory of God." (1 Corinthians 11:7)

If your self-image is not godly, you are cheating yourself out of the best experience of life. Our job is to express God's image and glory. God says you are like Him. Who are you to disagree? God clearly wants you to understand that you were made *in His image*. That's part of what makes your body His temple.

I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place. When I was woven together in the depths of the earth, your eyes saw my unformed body. (Psalms 139:14-16)

Know ye not that your body is the temple of the living God which is in you? Glorify God in your body." (1 Corinthians 6:19, 20)

You don't defile a temple. You treat it as a place of reverence, you hold it in high regard, and you see it in a positive image. And, like it or not, if you don't treat your body as a temple, there will be serious consequences.

Your Body Is God's Temple! Get It!

The simple act of allowing yourself to see and acknowledge who you really are will do more to improve you health, your happiness, and your life than any other change you can make. If you will simply allow yourself to see yourself -- to recognize yourself -- as God's temple, as God's personal handiwork, and as God's unique creation, you will no longer be able to inflict non-self-

loving acts upon yourself, or tolerate your past unloving behaviors. The desire to do anything abusive to your body will simply evaporate.

If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are. (1 Corinthians 3:17)

Are we talking about God killing you by striking you dead with a lightning bolt? Probably not. But then, He really doesn't have to. He can just let your overeating do the job for Him.

God's "Blueprint" For *Your* Body...

When God was designing your body, how do you suppose he visualized it looking? If you close your eyes for a moment, and try to imagine God in the process of coming up with the original plan for you - the "blueprint" for your body - what do you see? Is the body you see in the mirror today the same one God envisioned for you?

Do you think God intended for you to be overweight? Or do you think God has a plan for you to be at your healthiest weight? Do you think He lives up to His part of a bargain? What is your part? What is your job? What do you think God expects you to do so that your body can look in the physical world the way it looked on his original blueprint -- and the way *you will look* at your healthiest weight?

I'd like you to do a brief exercise now to help you get in touch with your own power. Imagine that you are sitting there with God, back before you were born. Imagine that you are watching God design your body for this life. Imagine what your body was intended to look like, according to God's "blueprint." Get a firm picture in your mind of what your body at the age you are today might have looked like based on God's blueprint. Got it?

Now just take 30 seconds and compare that image to what you see in the mirror every day. Just be with that comparison for 30 seconds and then open your eyes. If there was a noticeable difference between God's blueprint for you and the way you really look, don't be upset.

You are going to discover that you have amazing God-given powers to make your life the way you want it to be -- awesome powers no one has probably ever told you about. You will discover the real reasons why you don't weigh what you want to weigh. Most importantly, you will learn how you can use your God-given power to fix it!

Please understand, God has given you your body to do with as you will. He has designed it according to His divine "blueprint." But this blueprint merely determines how it *can* be, not how it will be. How it will be is up to you. That's what your free will is all about.

Unfortunately, you may not yet believe -- in your heart of hearts -- that you *can* have a beautiful, healthy, in-shape body. But as you'll see a bit later, you definitely can, and with much less effort than you may have thought possible!

The Bible And Success Factor #3: Your Self-Esteem

One of the greatest blocks to receiving God's blessings is our own sense of unworthiness. The level of self-esteem we have today has been heavily influenced by the people closest to us during childhood. If these influential people were very critical of us, or even of themselves, then we learned to *not* see ourselves with the kind of reverence God intended for us to have. As a result, we may not believe we deserve certain good things in life.

And even the very hairs of your head are all numbered. So don't be afraid; you are worth more than many sparrows. (Matthew 10:30, 31)

The biggest roadblock for most Christians is that they were taught to feel guilty and shameful. They were taught that they were evil, wretched sinners, and many preachers will talk to you like you still are. You are not! You are an awesome creation in Christ.

God made him who had no sin to be sin for us, so that in him we might become the righteousness of God. (2 Corinthians 5:21)

Let me be blunt here. Preachers who bash your self-esteem are *not* doing God's work. You need to find a church where your self-esteem will be supported and enhanced, and where you can discover the fullness of who you are as a child of God. That is what you would want for your own children, and that is what your heavenly Father wants for you.

You are the ultimate in worthiness, beauty, and the value. If you truly get this, you will see yourself in a whole new light. More importantly, you will treat yourself as if you were the most worthy and invaluable being in existence. As a natural result, your self-esteem will rise -- and your weight will diminish.

...what is man that you are mindful of him, the son of man that you care for him? You made him a little lower than the heavenly beings and crowned him with glory and honor. You made him ruler over the works of your hands; you put everything under his feet: all flocks and herds, and the beasts of the field, the birds of the air, and the fish of the sea, all that swim the paths of the seas. (Psalm 8:4-8)

You are *not* a wretched, evil being. You are God's own awesome creation! If you truly "get" this, your life -- and body -- will be changed forever. You will treat yourself (and everyone else) as if all of us were worthy and valuable children of God. As a natural result of this belief, your self-esteem will rise and your *weight will diminish*.

Self-esteem is crucial to the Success Process. Without it we don't feel worthy, so we don't ask for what we want. No ask, no receive. No receive, you still have what you always had. Nothing new, nothing changes. So you *need* good self-esteem! And here are still more reasons to have it:

For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do. (Ephesians 2:10)

Jesus answered them, "Is it not written in your Law, 'I have said you are gods'?" (John 10:34)

Let this mind be in you, which was also in Christ Jesus: Who, being in the form of God, thought it not robbery to be equal with God." (Philippians 2:5-6)

We fail because we do not know who we are. And it is Satan's job to keep us ignorant. Trees are made to be trees. Rocks are made to be rocks. We are made in God's image and likeness. When we truly discover who we are -- God's worthiest creations -- all else will fall into place.

I have said, Ye are gods; and all of you are children of the most High. (Psalm 82:6)

Again, I prefer the term "deservability" over self-esteem because it cuts to the heart of the matter. God *does* want His children to "have it all." If you think God chose to punish you by saddling you with excess pounds, then you just don't know Him. God doesn't operate that way. He has filled an entire Book with His own wisdom, just so you can improve your own life in *every* way!

However unworthy you may or may not actually be is irrelevant. Seeing yourself as unworthy is what does the damage, because it leads to *feeling* unworthy -- which is exactly what the devil wants for you. Is it important to love yourself? Is it OK to love yourself?

Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it, Thou shalt love thy neighbour as thyself. (Matthew 22:36-38)

Being instructed to "love your neighbor as you would you love yourself" *presumes that you are loving yourself already!* By the way, this same statement occurs *eight other times* in the Bible. And just to make sure no one missed the significance of His point, Jesus added one of the most emphatic statements anywhere in Scripture:

On these two commandments hang all the law and the prophets. (Matthew 22:39)

You Are Worthy Of Love, Including Your Own Love! Get It -- Please!

You can never become what you were designed to be as long as there are barriers to your self-acceptance. You don't need to improve yourself so that you can become acceptable. You need to accept yourself -- *as is* -- so that you will then be free to improve!

All of your barriers to self-acceptance are also barriers to your personal evolution -- to the evolution of your soul and spirit. This is another of the devil's favorite tools for keeping you from growing, progressing, and getting closer to God, which amounts to the same thing. Low self-esteem keeps you stuck right where you are, where the devil wants you to be. Under the devil's thumb, far away from God -- and forever out of touch with your own glorious potential.

How can you tell if people love themselves? By the things they do. People who love themselves simply don't do unloving things to themselves. Would you give your baby a cigarette? Why? Would you intentionally give them anything that would make them less healthy? Then why do you not honor yourself with the same love?

Feeling unworthy lowers your self-esteem and sets you up for all the things that go along with low self-esteem. People with high self-esteem don't commit crimes. People with high self-esteem don't hit their wives or kids. And did you know that feeling guilty blocks your blessings?

"Dear friends, if our hearts do not condemn us, we have confidence before God and receive from him anything we ask, because we obey his commands and do what pleases him." (1 John 3:22-23)

People with the kind of self-esteem that God wants us to have honor their temples by not smoking, not doing drugs, and by not indulging in unhealthy or excessive eating. If you wouldn't do it in church, don't do it in your temple either.

You can never become what you are capable of being -- what you were designed to be -- as long as there are barriers to your self-acceptance. You don't need to improve yourself so that you can become more acceptable. You need to accept yourself so that you will then be free to improve!

Are You Rejecting God's Gifts To You?

What would you think of a child who, when confronted with a pile of presents on Christmas morning, said to you "Well, you know, I don't really think I deserve these presents." Would that be about the silliest, most foolish thing you ever heard? Can you imagine any child thinking he was unworthy of the gifts of his parent?

How would that make you feel as a parent? Now try to imagine how God would feel when His children refuse to accept His presents. How do you imagine God would feel if you felt that you were unworthy to receive his presents? My guess is that He would feel just as we would if our children felt unworthy of our presents.

When you truly understand who you are in Christ, you will simply no longer be *willing* do anything inconsistent with who you are. You will no longer do things contrary to the best interest of your body, mind, or spirit. You will honor and revere yourself as the divine creation you truly are, and you will act accordingly.

When you at last discover that YOU are God's own creation, made in His image, your ungodly behaviors will simply disappear.

Believers Are One With Jesus!

"For both he that sanctifieth and they who are sanctified are all of one: for which cause he is not ashamed to call them brethren..." (Hebrews 2:11)

When you recognize and accept who you are in the Lord, your entire experience of who you are changes. When you see yourself as God's representative here on earth, your entire experience of *life* changes. And if you still need a "logical" reason to love who you are, here it is:

- God made me in His image.

- Christ died to reconcile me with God.
- That makes me a Child of God, and a godly creation.
- God says that He loves me.
- Therefore, I am worthy of love.
- So I love me, too!

The Bible And Success Factor #4: Your Sense Of Self-Empowerment

The opposite of feeling self-empowered is feeling victimized by others. Sadly, this is how many of us were taught to feel. Since children have no real power, they truly are "victims" of their circumstances. As such, they may grow up with self-defeating beliefs, a poor self-concept, low self-esteem, and no sense of being responsible for any of it nor the ability to do anything about it.

And in truth, they really *weren't* responsible for any of it. But that doesn't mean they are powerless to change it now. The good news is, we were also given the ability to free ourselves in adulthood of those toxic childhood influences.

But many of us are so brainwashed by our culture that we have learned not to even think for ourselves. Sadly, the relentless cultural pressure to conform makes us ever more like the world...and ever less like God. So with that in mind, let's go straight to...

- Success Exercise #7 -

Understanding The Source Of The Problem -- And The Consequences To You

Ask yourself the following questions -- and answer them very honestly.

1. Where do you think your self-sabotaging beliefs and attitudes (SSB&As) came from?
2. What have been the consequences of having those SSB&As in your life in the past?
3. What are the consequences of having those SSB&As in your life in the present?
4. What will be the consequences of having those SSB&As in your life in the future?

Write down all your responses in your Success Journal.

- Success Exercise #8 -

Starting To Work With Success Factor #1

Part A: Clearly Identifying My Self-Sabotaging Beliefs

Again, a pivotal Scripture for the *Weight Loss God's Way* Program is Romans 12:2. Few words ever spoken were more important than those of the apostle Paul when he warned us...

"Be ye not conformed to the world, but be ye transformed by the renewing of your mind."

This is what it's all about! It's all about renewing (reprogramming) your mind. Dump the old, toxic stuff, and install new and healthy beliefs. That's the road to your success. But let me define again what "success" is for *us*. Success in weight loss is defined as getting to your target weight (which should be based on reality, and not Madison Avenue or Barbie) and *staying* there.

Remember, your goal is not just to get to your healthy weight as quickly and as safely as possible, but to stay there, day after day, year after year, with NO drugs, NO herbal stimulants, and NO more dieting -- ever. Needless to say, this will involve modifying something more significant than just the nature and volume of your food intake.

Remember, your food intake -- normal or excessive -- is only a *symptom* of your relationship with yourself. It is a *reflection* of your beliefs, your self-concept, your self-esteem, and your sense of self-empowerment. So your first step is to zero in on your *self-sabotaging beliefs and attitudes* -- the ones that got you where you are and are keeping you there even as you read this.

As you go through these early exercises, see them as simple but powerful "first steps" toward the body and the life you really want, and one day soon are going to have!

Part B: Creating Empowering Beliefs

Step 1 - Look again at the list of self-sabotaging beliefs and attitudes you created yesterday. What do you think it might be costing you to have those beliefs?

Step 2 - How do you think you might benefit or how might your life improve if you could replace those self-sabotaging beliefs with self-supportive ones?

Step 3 - Create a supportive belief -- a self-empowering belief -- that is the exact opposite of each limiting belief. Write down all your responses in your Success Journal.

- Success Exercise #9 -

Starting To Work With Success Factor #2

Part A: Honestly Describing My Current Self-Image

Step 1 - Describe in writing your *current* self-image / self-concept / body image -- the one you have right now. Be as honest with yourself as you possibly can.

Step 2 - What do you think the consequences are of having this kind of a self-image? What, if anything, do you think it might be costing you?

Step 3 - Where do you think you might have gotten the beliefs, attitudes, notions, concepts, or "evidence" that your current self-image is justified?

Step 4 - Read what you've written and begin to get your emotions involved. Pay careful attention to any and all feelings that come up, either positive or negative, and make note of them. Write all your responses/reactions in your Success Journal.

Part B: Creating My New, Self-Supportive Self-Image

Step 1 - Start to create in your mind the image of the person you dream of being, in body, mind, and spirit. Let your mind go free. Forget about what you consider possible. Just dream. Write whatever you dreamed in your Success Journal.

Step 2 - How do you think you might benefit, or how might your life improve, if you could replace your old/existing self-image with the one you dream about?

Then we'll take a good look at what God *really* intends for His children!

- Week 1, Day 7 -

God Wants Us To Be *Victors*, Not *Victims*!

Neither shall they say, Lo here! or, lo there! for, behold, the kingdom of God is within you. (Luke 17:21)

I tell you the truth, anyone who has faith in me will do what I have been doing. He will do even greater things than these, because I am going to the Father. And I will do whatever you ask in my name, so that the Son may bring glory to the Father. You may ask me for anything in my name, and I will do it. (John 14:12-14)

No, in all these things we are more than conquerors through him who loved us. (Romans 8:37)

I can do everything through Him who gives me strength. (Philippians 4:13)

In him [Jesus] and through faith in him we may approach God with freedom and confidence. (Ephesians 3:13)

Are you starting to get a sense of that vast power that's available to us? Maybe what we really need is a great role model to imitate. Someone who understood better than anyone on the planet

what making positive changes was all about. To find the ideal role model for escaping worldly brainwashing, we need only look at the life of Jesus.

Was Jesus a conformist? Hardly. In fact, He was the most bold, independent, and radical thinker who ever lived. Virtually everything He said and did was in opposition to the established order of the day. Of course, He paid the ultimate price for His bold nonconformity. But even unto His death, He remains a powerful teacher and role model.

Should we be like Him? Should we think like him? In Philippians 2:5 Paul tells us, *"Let this mind be in you [this way of thinking] which was in Jesus."* That's also why He said,

"Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve [discern for yourself] what God's will is—his good, pleasing and perfect will." (Romans 12:2)

I could do an 8-hour workshop on this Scripture alone. There is SO much meat in it. But perhaps the "implied" message is the most empowering. It says that we have the power NOT to conform!

It's true that we can only do what God has empowered us to do. But that is much more than most of us ever dared imagine. We are dismally unaware of our own power -- and that unawareness has serious consequences. The truth is that the least person in the kingdom of heaven is more anointed than John the Baptist was. How does *that* make you feel?

Verily I say unto you, Among them that are born of women there hath not risen a greater than John the Baptist: notwithstanding he that is least in the kingdom of heaven is greater than he. (Matthew 11:11, Luke 7:28)

If that doesn't shake you out of your sense of powerlessness, what will?

Personal Responsibility And *Your* God-Given Power For Positive Change

Over the past century, the medical establishment has gradually taken from us the power of making decisions about our health. This is not entirely their fault, as we have been all too willing to give away our power to anyone who appears to have authority.

But the sad result is that we have become progressively less involved in taking care of our own bodies. This, in turn, has set us up to be victimized by fast-buck artists and con men (and women) who create weight loss products and infomercials.

Do you honestly believe that you can trust the media or the medical-pharmaceutical industry to "manage" your healthcare? Your doctor almost certainly has your best interest at heart, but nowadays, even many doctors have merely become pawns in the HMOs' profit quests.

Taking care of our own bodies is our God-given right. Many churches are now educating their ministers in holistic health techniques, including nutrition, exercise, and most importantly, healthy thinking -- which requires "renewing your mind" to God's way of thinking.

The truth is, if we were sufficiently in touch with our God-given power, we'd have no trouble at all getting to our target weight and staying there. Of course, God did not give us one big chunk of power at birth to last us throughout our entire lives. He makes our power available in every moment of every day. But to get this power, we have to seek it and be open to it. And for many of us, this may be something new. So before we move on, we need to be clear that taking responsibility means not *blaming* ourselves -- or anyone else -- for the conditions in our lives.

Let us not therefore judge one another any more... (Romans 14:13)

Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye? How can you say to your brother, 'Let me take the speck out of your eye,' when all the time there is a plank in your own eye? You hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother's eye. (Matthew 7:3-5)

The Bible Confirms The Top Four Success Factors

As the research has revealed, nothing affects our lives (and bodies) more powerfully than our own beliefs. Our beliefs determine what we will experience. Positive beliefs lead to positive experiences, negative beliefs lead to negative ones.

To win at weight loss, we need to believe in ourselves. We need to believe that we can have what we want (Success Factor #1), that we are free to "see" it (Success Factor #2), that we deserve to receive it (Success Factor #3), and that we can "help" God make it happen (Success Factor #4).

Amazingly, the apostle Paul, who is the author of most of the New Testament, actually identifies these very same four Success Factors for us in Philippians 2:5-15. The entire passage reads:

Let this mind [this way of thinking] be in you which was also in Christ Jesus: Who, being in the form of God, did not consider it robbery to be equal with God, but made himself of no reputation, taking the form of a bondservant, and coming in the likeness of men.

And being found in appearance as a man, He humbled Himself and became obedient to the point of death--even the death of the cross!

Therefore God also has highly exalted Him, and given Him the name that is above every name, that at the name of Jesus every knee should bow, of those in heaven, of those on earth, and of those under the earth, and that every tongue confess that Jesus Christ is Lord, to the glory of God the Father.

Therefore, my beloved, as you have always obeyed, not as in my presence only, but now much more in my absence, continue to work out your own salvation with fear and trembling, for it is God who works in you both to will and to do for His good pleasure.

By the way, Paul goes on to suggest that we...

"Do all things without complaining and disputing, that you may become blameless and harmless, children of God without fault in the midst of a crooked and perverse generation, among whom you shine as lights in the world..."

If ever there was a "crooked and perverse generation," I think you'll agree that it's the one we're in right now. The world has made just about everything more important than God. We turn instead to material things for comfort and solace, and especially to food. But what did Jesus say when He was being tempted with food by the devil?

"Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God."

If you are currently burdened with unwanted pounds, let those words be food for thought. Now let's see exactly where Paul has confirmed the top four Success Factors in order:

Success Factor #1: Belief: *"Let this mind (this way of believing) be in you..."*
Paul zeroes in on Success Factor #1 right from the start, telling us that it's what we believe that makes the real difference.

Success Factor #2: Self-Image / Self-Concept: *"...which was also in Christ Jesus..."*

Now Paul is actually telling us that we can and should do our best to think like Jesus thought, that we should have the same kind of mindset and thoughts as Christ. Can you imagine a more powerful boost to your self-image than being encouraged to think as the Master thinks?

Success Factor #3: Self-Esteem / Deservability: *"...to be equal with God..."*

Are we really "equal" with God? Of course not, and I'm sure the passage would be translated differently today. But somewhere in there we can surely find a basis for positive self-esteem!

Success Factor #4: Self-Empowerment: *"...for it is God who works in you both to will and to do for His good pleasure..."*

If you really do have the power of God, your Creator, working in you and through you, what would you *not* be able to do, so long as it's in alignment with His will? That is the ultimate expression of you taking full responsibility for your self-empowerment, because now you are letting God's will work through you!

So Paul tells us that the key to our earthly success is to have the same "mind" Jesus had, to consider ourselves *"...equal to Him, Who considered Himself equal to God."* He is encouraging us to see the divine aspect of who we are, as children of God and members of the body of Christ.

So we must accept our God-given powers *before* we can reap the blessings available to us. *This* is the mind, the attitude, the way of thinking we are instructed to have. It is up to each of us individually to acknowledge and accept this aspect of who our Father created us to be.

But no one else can put this mind into us. It is up to *us* to make it happen. And that will require us to take full and personal responsibility for what's going on in our own lives. Here's a more graphic way to look at the pluses (and minuses) of taking (or not taking) responsibility

Success Factors Lead You To Either: Power & Freedom ...or...Powerlessness & Bondage

Success Factor 1 (belief)	- faith	- fear and doubt
Success Factor 2 (self-image)	- in God's image	- flawed
Success Factor 3 (self-esteem)	- forgiven	- guilty
Success Factor 4 (self-empowered)	- God-empowered	- victimized

What we need to remember is that WE are children. God's children. That's why God tells us to come unto Him as little children. A less gentle way of saying that would be if God said to us, "Will you please stop pretending that you have all the answers, or even all the questions? Just do your job and let me do mine. I run the universe. I can straighten your life out, too. Just trust me." Just read the Book and do what it says! What could be simpler?

The Most Deceptive Sin Of All

One of the greatest sins we can commit is also one of the most deceptive, because it really doesn't look like sin at all. It is the need we feel to "make it happen" regarding our own destinies. We want to control everything, every step of the way. And if we can't do that, we at least want to see the entire plan laid out before us so that we can critique it and change the parts we don't like.

What's the sin? Our failure to trust in God! Do we pay the price? All day, every day. Instead of ending up relaxed, in peace, enjoying ourselves, and confident about the future, we are worried, stressed, anxious, and fearful. (See Bonus #2, the *Life-And Love Self-Assessment*.) When you create any of these feelings for yourself, what you are really doing is telling God that you don't trust Him -- basically, that you don't think He has things handled, and especially not *your* life.

No matter how "grown up" we look or feel or think we are, we are still just children of God. And we are children to God. This is a super important point. Do you think that your children need to have their lives all figured out before they can live them successfully and enjoy them? Of course not. So why do we think we have to figure everything out? Only because we don't trust God -- because we don't think God "has it all handled."

It's really just that simple. If we really believed that God had it all handled, we'd also understand that our life is safe in His hands. We'd stop living in fear and doubt, and we'd really start *living*. Control is an illusion. Let it go! Worry and fear and doubt are simply the price we pay for believing what we can see and fearing the worst instead of trusting God and expecting the best.

God wants to give you a wonderful life. Why not just get out of the way and let Him? You do, of course, have a job to do. And the next few segments will tell you exactly what it is and how to do it. But the real power is God. You just need to learn how you can tap into it!

The Ultimate Key To A Lifetime Of Weight Loss Success

As I have noted time and again, the *renewing of your mind* is the ultimate key to your weight loss success. That's the only way you can replace a lifetime of worldly misinformation with the truth. Do we really want to continue to think and act as the world does? The world's weight loss attempts fail 96% of the time! So how can we possibly believe that they have our solutions?

Here's another reason why it's so important to learn how to live your life God's way. It is true that God has bounteous blessings He wants to give you. But He wants you to get in touch with your own, God-given powers, so He requires you to *actively* seek out His blessings. He is not willing to simply dump them in your lap. Why? Because he *loves* you!

If He never required you to do anything, you'd never learn that you have the power to make the choices that will steer your life. You are here on Earth to discover the tremendous powers He has made available to you, to learn to exercise them wisely, and to consistently choose God, love, peace, and the blessings that those choices bring.

The same God that created Heaven and earth, and all the rules by which they operate...the same God who created you and gave you the desire to seek Him and know Him...is available to you today -- right now. But first you must understand and accept that you *really do have the power* to make choices in life. You need to accept that God is not going to make them for you. Although, life on this earth is a grand buffet of opportunities, it's not "meals on wheels."

Major Success Ingredient: *Your* Willingness To Try A New Approach

When we distill all of the Biblical and research wisdom down to its essence, we see that:

1. Successful weight loss is NOT the result of dieting or relying on physiological or food-based weight loss approaches. They are doomed to fail because they merely attack the *symptoms* of being overweight, and have virtually no impact on the underlying causes.
2. Successful weight loss IS the result of making changes in your mind and spirit -- in your beliefs, your self-image, your self-esteem, and your sense of self-empowerment, and other non-physical factors. Making changes in these areas can bring you success because they deal directly with the *root causes* of your excess weight.

Obviously, we can only do what God has empowered us to do. But that is much more than most of us have ever dared to imagine! Sadly, as a result of the worldly beliefs we've grown up with, most of us are dismally unaware of our own power. God wants us to change that.

"If ye abide in me, and my words abide in you, ye shall ask me what you will, and it shall be done unto you." (John 15:7)

The Bible is, literally, the handbook for victory here on the earth plane, the "owners manual" for our human existence. If you don't read the owner's manual for your car, how can you know how to keep it functioning well? Isn't it much more important to understand how to operate your own life successfully?

When all else fails -- or better yet, *before* all else fails -- why not just do it God's way?

Summing It All Up:

For all the brilliance and insight of its recent research discoveries, we can now see that science has merely succeeded in confirming what God has been telling us all along. God has been trying to tell us from the start that success on Earth is not about physical things. In fact, He gave us this exact message in writing, some 2000 years ago. Now science has confirmed it. How much more proof do we need before we're willing to believe it? Jesus said,

"If you continue in my word, then you are my disciples indeed; and you shall know the truth, and the truth shall set you free." (John 8:31-32)

What truth was Jesus referring to? Contrary to the popular usage of this expression (which, unfortunately, includes only the tail end of that quote), there's only one kind of truth that will set you free. And that truth is found in the Word and wisdom of He who created us all.

Part of that truth is that the *only* way to get to your healthiest weight and stay there is to stop attacking symptoms, and focus on changing the underlying causes of excess weight: your beliefs, self-concept, self-esteem, and sense of self-empowerment -- the Top 4 Success Factors.

The great news is that *all* these things can successfully be changed -- *by you* -- with the Success Exercises in Part Two. Like God has been telling us all along, the real key to success in life is to learn to discover the "unseen" powers that have always been ours.

But Be Forewarned: Most People (And Probably You As Well) Resist These Truths At First

The message in these pages may seem new and strange to you, and perhaps even radical. You may need to hear these truths many times before you ultimately can accept them. But renewing our minds always requires us to let go of the old way of thinking in order to embrace the new.

Remember that virtually all of Jesus' ideas were considered radical -- even threatening -- when He first introduced them. Sadly, many still are. For most of humanity, the idea that your physical body is most powerfully influenced on a *non*-physical level may still seem revolutionary.

Although this "new" information is both accurate and empowering, its wisdom may not be obvious at first glance -- especially to a mind saturated with worldly misinformation. As such, you will surely be tempted to slide back into your old ways of thinking.

It's easy to be deceived by worldly "wisdom" and the perceptions of our senses. We've spent most of our lives living that way. And the reality is that we're not eager to chuck a lifetime of accumulated information on *any* subject -- no matter how wrong it is. Columbus, Galileo, and countless other brave pioneers found that out. Just remember that, in a world full of lies, it is only the earnest seeker of God who discovers the Truth. Now let's do some Success Exercises that will help *you* discover some truth!

- Success Exercise #10 -

Starting To Work With Success Factor #3

Part A: Honestly Assessing My Self-Esteem / Deservability

Step 1 - Describe in writing your *current* self-esteem, your *current* thoughts and feelings about what you deserve in life. Be as honest with yourself as you possibly can.

Step 2 - What do you think the consequences or cost might be in your life for having this level of self-esteem?

Step 3 - Where do you think you might have gotten the beliefs, attitudes, notions, concepts, or "evidence" that your current level of self-esteem / deservability is justified?

Step 4 - Read what you've written and begin to get your emotions involved. Pay careful attention to any and all feelings that come up, either positive or negative, and *make note of them*.

Part B: Increasing / Enhancing My Self-Esteem / Deservability

Step 1 - Create in your mind the image of being someone who deserves the best of everything.

Step 2 - How do you think you might benefit, or how might your life improve, if you *really* believe that you deserved to have the things you want most in life?

Expand on what you wrote about each of the self-sabotaging beliefs and attitudes you have identified so far. Are you learning anything? Are you getting any "ah-ha's"? Any lights starting to come on? If you do some of this every day, and do your exploring with pen in hand, you will start to open the doors to the parts of you that you most need to be aware of.

Becoming self-aware is the *essential first step* in making the changes that are going to *set you free!* God wants to give you whatever you need, but you have to ASK for it. How can you do that if you don't know what to ask for? How can you renew your mind if you don't know what part needs renewing??? So keep exploring! Write your responses/reactions in your Success Journal

- Success Exercise #11 -

Starting To Work With Success Factor #4

Part A: Honestly Assessing My Sense Of Self-Empowerment

Step 1 - Describe (in writing) your *current* thoughts and feelings about your level of self-empowerment. Who seems to have the power to determine what happens in your life?

Step 2 - What do you think the consequences or cost might be in your life for having this level of self-empowerment?

Step 3 - Where do you think you might have gotten the beliefs, attitudes, notions, concepts, or "evidence" that your current level of self-empowerment is the way things need to be?

Step 4 - Read what you've written and begin to get your emotions involved, paying careful attention to any and all feelings that come up, positive or negative, and make a note of them.

Part B: Getting In Touch With My True Self-Empowerment

Step 1 - Create in your mind the image of being someone who is fully self-empowered in life. No one can control you or victimize you. You decide what does and does not happen in your life.

Step 2 - How do you think you might benefit, or how might your life improve, if you really felt self-empowered in life? Write it all down in your Success Journal!

Time For "R & R" -- In More Ways Than One!

For these seven weeks, your Sundays are to be used for mostly "R & R." Now, that stands for the traditional "rest and relaxation." But it also stands for something else:

Review And Revision -- And The Occasional Success Exercise

Sometimes Sunday will also have a short Success Exercise or two, as is the case today. But first, let's get clear about Rest and Relaxation.

We are told that man (or woman) should work 6 days and rest on the seventh. In keeping with the spirit of this idea, every seventh day is to be invested in 30 minutes of "prayers of affirmation" (much more about that later).

Sundays are to be used for the traditional "rest and relaxation," wherein nothing is done that is in any way associated with work (defined as any and all activities associated with making a living). Instead, do things that are fun, active, and nurturing. Walk, exercise, talk and hang out with friends, see a movie, rent a video, whatever renews your energy.

Involve yourself in some group spiritual activity, or even be alone if that's what feels most nurturing to you. Get in touch with your Creator and with the fact that you are made in His image, and so is everyone else. Get in touch with your own divine nature.

Realize that you were designed and *intended* to "have it all," and that the only barriers to doing so are *right now* in the process of being eliminated -- by you -- through the Success Exercises you'll be doing!

- Success Exercise #12 (Optional) -

Do A Thorough "Blessings Assessment"

Although this Program is clearly built around "trading in" what you have for what you want, it's essential not to lose sight of what you have right now that you want to keep. This will require you to become fully and consciously aware of what is good, right, and desirable about yourself, your body, your life *right now*.

No matter how much you may want things to be different, there are things that are great about your life *right now*. You may not be aware of them because, here in American culture, our primary mode of operation is to complain about what we don't have.

Shift into a new way of thinking, based on the awareness that your negative thoughts, words, and actions operate to create both negative *and* positive experiences. Then list at least 20 things that are right about your life, and dwell on them for a change and see what a difference that makes in how you feel. Suggestion: Do a blessings assessment *every day*!

- Success Exercise #13 (Optional) -

Starting Your Gratitude Journal

There is nothing in life so healing for your soul, your health, your spirit, and your attitude as thankfulness -- gratitude for what God has given you and your family. Sure, there are lots of things that may not be to your liking. And there are lots of things you will probably have in the future that you don't have right now.

But what DO you have right now? How would you feel tomorrow if you woke up and found that everything you held dear has been taken from you? This is an exercise that victims of Hurricane Katrina and the Southeast Asian Tsunami would understand in a way that most of us thankfully never will have to.

Take the last five minutes of your day and write in your Success Journal 5 things you are very thankful for *right now*. We'll talk about this more as we go.

- Week 2, Day 1 -

The "Three Levels Of Creation" -- The Ultimate Keys To *Using* The Power God Gave You!

We have covered in detail what doesn't work and why, and what does work and why. Now we come to the "meat" of this Program -- the "how to" part. Now you will learn *how* to replace your self-sabotaging beliefs with self-supportive ones, and then you'll actually *do* it.

The tools you'll use to make these changes are covered in various places in this manual, and are all built around a powerful and life-changing concept called "The Three Levels Of Creation." God has empowered us -- as His children, created in His image -- to be powerful creators in our own right. You are about to learn exactly how this process works.

The **Three Levels Of Creation** are:

- Level 1: Your Thoughts**
- Level 2: Your Words**
- Level 3: Your Actions**

As we go, we will see how these three levels are referred to time and again in Scripture. We'll start with a brief look at each level, and then we'll cover each one in detail.

Overview Of Creative Power Level 1: Your Thoughts

We have already seen that belief is the cornerstone of our creative power. Proverbs 23:7 tells us, "*For as he thinks in his heart, [i.e., the deepest part of himself] so is he.*" Our thoughts are the tools with which we *create* or *recreate* our beliefs. Our self-talk (our unspoken thoughts) can make us feel depressed, angry, peaceful, or elated. Your thoughts powerfully affect what happens in your life. They are the precursors to your feelings, and to your actions as well.

Thoughts also have long-term consequences. Over time, the thoughts we deposit become part of our "programming." The thoughts and beliefs you entertained in the past have made you who and what you are today. And just as your past thoughts created your current beliefs, your current thoughts will create your future beliefs, which will, in turn, determine what happens in your life.

Overview Of Creative Power Level 2: Your Words

Is saying something more powerful than merely thinking it? Imagine thinking "I love you" as compared to actually saying it to your mate or child. Which will have a greater impact? Clearly, speech is a more powerful creative force than thought. That's why we're supposed to *say* our prayers instead of just thinking them.

And think about this. When you are sworn in to testify in court, why do you have to **say** that you swear? Because the court fully understands the connection between *your* speech and *your* reality. Lying out loud carries much heavier consequences than lying to ourselves, and on many levels. The Bible abounds with references to the power of our words:

"A fool's mouth is his undoing." (Proverbs 18:7)
"Life and death are in the power of the tongue." (Proverbs 18:21)

You are a child of the Most High God, created by God Himself! So it's not "optional" that your words have tremendous creative power. But what *is* optional is what you *create* with your powers of speech -- and that's up to you. Now let's look at the most powerful level of creation.

Overview Of Creative Power Level 3: Your Actions

Our language is full of expressions telling us that "doing" is the ultimate expression of reality. "Beauty is as beauty does." There is another old expression that says, "Act the part and you'll become the part." A more contemporary version says, "Fake it 'til you make it." Either way, the point is a simple and valid one: If you will *do* the behaviors that the person you envision becoming would do, you will ultimately become that person. And this is nowhere more true than in the areas of weight loss and fitness.

When you take action, you are using the highest level of your creative power. Of course, just as with your thoughts and words, your actions can be powerful creative forces for ill as well as for good. Most of us don't have to look very hard to see how our wrong actions have produced unpleasant consequences.

Just as your body, mind, and spirit are most powerful when aligned with each other, your creative power is maximized when your thoughts, your words, and your actions are aligned toward your goals.

You are about to learn exactly how to do that. You will see how the Three Levels Of Creation can be combined in a powerful ten-step process that will lay the foundation for the concepts in our next section. Together, these two sections will prepare you to masterfully use the Success Exercises to turn your weight loss dreams (and lots of other dreams) into reality.

Since these are the fundamental processes by which all humans create experiences, you can use them to do a whole lot more than just lose weight! But be very careful to apply the power of the three levels *only* to your solutions, *never* to your problems, Here's why:

- *Thinking* about your problem gives *more power to your problem*.
- *Talking* about your problem gives it *even greater power*.
- And *acting out* your problem gives it the *maximum amount of power*.

Very soon you will take an enjoyable and very powerful step. You'll put your dreams and desires *in writing*. Writing is a powerful creative act, and is part of Level Three: taking action.

But don't think that you have to be "linear" in your creating--that you have to go from Level One to Level Two to Level Three. If you get a clear idea or inspiration that a certain action will be helpful to you, just do it. The Three Levels of Creation can be used independently, at any time, and under any circumstances. The point is to learn to use them all to get what YOU want!

Using The Three Levels Of Creation To Get What *You* Want In Life

Ultimately, the Success Exercises you'll do will involve all three levels of creation. To make them easy to use and understand, three levels are subdivided into a total of 10 Steps as follows:

Using Creative Power Level One: Your Thoughts

Action Step 1 - You will mentally create your "new life scenario."

Action Step 2 - You will "think" your vision onto paper.

Action Step 3 - You will get passionate in your mind about your success!

Using Creative Power Level Two: Your Speech

Action Step 4 - You will tell yourself what you're creating.

Action Step 5 - You will tell others what you're creating.

Action Step 6 - You will tell the Lord what you're creating--with passion!

Using Creative Power Level Three: Your Actions

Action Step 7 - You will get your body involved--passionately!

Action Step 8 - You will act "as if" you're already there.

Action Step 9 - You will take "affirmative action" every day.

Action Step 10 - You will let it all go...and let it come about in God's timing!

To understand the Three Levels Of Creation is to grasp the "big picture" of human creative power. You must come to see that, in accordance with the great powers your Creator gave you, you *already* are empowered to create *whatever* you wish to experience in your life.

Please understand...these are powers you already have, and have always had. They are "factory equipment," given to you by God at birth. You have *already* been using them all your life to create whatever it is you have right now. But now you will learn how to use them consciously, to create what you really want!

To use your powers to create results *consciously* in your life, there are rules you need to understand. So let's look at the 10-step process you'll be using to turn your own thoughts, words, and actions into the body -- and the life -- you really want!

USING CREATIVE POWER LEVEL ONE: YOUR THOUGHTS

Action Step 1 - Mentally Create Your "New Life Scenario"

The great philosopher Goethe tells us, "What you can do or dream, begin it. Boldness has genius, power and magic in it." With that sage advice in mind, begin to prepare for the Success Exercises by getting totally clear in your mind what you want to be, do, and have in your life.

This is your most important step. You must be crystal clear about the life you want to live, the way it will look and feel, and the body you want to live it in. This is the vision you will ultimately bring into reality. (We'll cover vision & visualization in detail in the next section.)

If you do not **consciously** create a clear and compelling vision of what you want, then you will **unconsciously** create an outcome from your existing beliefs -- and only end up with more of what you already have. The ideal of creating a vision of success is solidly based in Scripture...

Where there is no vision, the people perish... (Proverbs 29:18)

...but I know some people see this process of visualizing as a bit "New Age-y." So let's blast that tired notion into oblivion once and for all. In reality, the staunchest advocates of developing a powerful vision of what you desire have been in America's business community.

What made IBM so outrageously successful while it was under the control of its founder, Tom Watson? Was it lots of board meetings? Great business books? Smart advisors? Oodles of capital? Tons of eager buyers? Nope. None of the above.

Mr. Watson himself tells us that it was the *power of his clear and compelling vision*. He gives us three reasons why he believed his business succeeded so wildly. First, he says, he had a very clear picture of what the company would look like...a model in his mind of what it would look like when his vision was in place.

Second, he determined how the company he so clearly envisioned would have to act. In fact, he created a "picture of how IBM would act when it was finally done." Third, he focused on "modeling" his behaviors on his vision. He did nothing that was inconsistent with his vision -- and everything that was. So, according to Tom Watson, nothing succeeds like a clear vision of success. And so it is with anything we wish to create--including weight loss.

Michael E. Gerber, author of *The E-Myth and The E-Myth Revisited*, says "...the key is to plan, envision, and articulate what you see in the future..." This is *exactly* what you will be doing in your Success Exercises. Why? Because it's what works!

So your main objective in Action Step 1 is to **clarify your goals** -- to create that clear and compelling vision that, like a magnet, will pull you irresistibly toward it. If you're not yet sure what your dreams are, the Success Exercises will definitely help you identify and clarify them.

How do you want to *feel* at your desired weight? How do you want to *look*? What *thoughts* will be in your head? What will you *do* with your newfound agility or suppleness? How will you feel about having more -- and better -- sex? Paint yourself the picture -- the look, the feel, the better fitting clothes, the admiring glances, the many health benefits, etc.-- that *you* want.

IMPORTANT NOTE: Your willingness to actually *do* these Action Steps is what will determine your success -- or failure. You need to be very aware that you are up against *decades* of old, self-defeating habits. You can change them into positive and self-affirming behaviors *only* with your

own focused attention, clear *intention*, emotional involvement, supportive self-talk, daily repetition and re-affirmation, and the involvement and support of your physical, mental, and spiritual aspects.

Whew! That sounds like a whole lot of work, doesn't it? But don't be concerned. It's really not. Like any new skill you learn, it gets much easier with practice. In fact, after the first few days, it can become routine. Habitual, in fact -- which actually is your goal!

My Promise To You: If you will earnestly study and use these 10 Steps, there will soon come a time when you will be so good at creating the reality you want that you'll look back on today's skepticism with a smile. On that day, you may want to say, "Well, Frank, you were right after all. This stuff actually works!" (Feel free to let me know when that happens!)

Are you serious about improving your weight and your health? Do you want real and lasting results? Then here's Action Step One:

Dream. Imagine. Let your mind expand. Begin to think in terms of limitless possibilities. Give yourself all the time you need. But don't drift off your primary purpose. This is *your future* and it's in your hands. Right now. What you do *here and now* will determine what you get to do later in your life. So grab your pen, and get ready to write the story of *your own future!*

Action Step 2 - You Will Put Your Goals In Writing

There seems to be almost magical power in thinking of one's desires, expressing them constructively by writing them down, stating the time by which one wishes their fulfillment, and then praying that God's good will be done in the matter. Does it sound too simple to work? Great truths and powerful secrets often appear simple. So simple, in fact, that the average person overlooks them in trying to find a more difficult way. (Catherine Ponder, The Dynamic Laws Of Prosperity)

So stop looking for a more difficult way! Just start doing what works! Although Action Step 2 is simple, it warrants your undivided attention. You'll be writing down your goals in several categories. As a place to start, create goals for yourself in at least these three areas:

1. **Goals for my body** - I'm at my ideal weight, in shape, great condition, excellent health, dynamite appearance, and getting adequate and appropriate exercise.
2. **Goals for my mind** - I have supportive beliefs, a great self-image, high self-esteem, a positive outlook, supportive self-talk, and no hint of depression.
3. **Goals for my spirit** - I connect, re-connect, or improve connection with my Creator, I begin daily spiritual practice, and I feel and I show gratitude for my many blessings.

Find your own ways of expressing your goals. Use words, phrases, and concepts that have truth and power for *you*. Write down all that *you* imagine and desire. Remember, this written document--your "New Life Scenario"--will be the blueprint for the life you are going to create!

Create your New Life Scenario with as many pages as it takes to fully express the new life -- and the new you -- that you want to bring into being. Specifics are key to success. Describe colors, flavors, subtleties, sounds. Make your New Life Scenario as detailed and rich as you can. You deserve it completely, so commit yourself fully to this step. Do it *right now*. Do not delay. Do not put it off. You will be referring to this written testament often and modifying it as you go.

And please understand: You don't need to be a good writer or a good speller to create your New Life Scenario. All you need to do is to transfer your vision to paper. You're writing this for yourself, not for the *New York Times Book Review*. In fact, no one else need ever see it. So have at it, go to it, and let it flow. There is great power in having *written* goals. Don't deny yourself that power by skipping this step. And don't be the least bit afraid. You definitely can do it!

Action Step 3 - You Need To Get *Passionate* About Your Success!

It is absolutely crucial that you get emotionally involved with your own success. Involve your feelings deeply and fully. Ignite your passions. Understand that your *emotional passion* is a key component to your success. This passion, this emotion, is the rocket fuel that will propel you to your new vision! Think of the process this way:

**Clear Thoughts > Powerful Vision > Strong Feelings >
Passionate Emotions > Focused Action > Dramatic Results!**

When your clear mental focus is fueled by your emotions, you are unstoppable. The more you think about anything, and the more feelings you have about it, the sooner and more powerfully it will materialize in your life. That's why you need to do your creating 100% *consciously*.

But beware -- this process is a double-edged sword. While there is only one way to be *sure* you'll create what you want, there are many ways to create what you don't want. NEVER focus your attention on what you don't want. For example, if you focus on your excess weight, what you're really doing is giving your weight more attention, and therefore more power. As a result, your excess weight becomes more *real* than a reduced body weight. Is that what you want?

The second way to create what you don't want is to leave it all to your unconscious. Then you create "in ignorance" from your default settings. This is most likely how you got to where you are right now. Is this where you want to be? If not, it's time to *consciously* control your attention. Focus on success, keep it positive, and live happily ever after!

Get your target weight -- the exact number of pounds you wish to weigh--set in your mind. Focus on your goal and *never* on your present weight. View your present weight as the "history" it is about to become. Better yet, just forget about it entirely. Let me say this one final time: If you dwell on *any* problem, you give it life and, *by your own attention*, you make it more real. If you focus on the solution, however, that is what will become real to you. The choice is always yours.

And always remember to enlist the power of your emotional energy. Get excited about your success. In fact, you should practice creating the same thoughts and feelings you'd have if you

had *actually achieved* your goal. But be very careful about the "target" of your strong emotions. For example, disgust is a powerful emotional state, and can possibly be harnessed to drive you toward your goals. But be sure you get disgusted at your bad beliefs, and not at yourself.

In sum, your passions and emotions are what will turn your vision into reality. So let yourself get excited. Make yourself get excited. And be sure to *feel* the excitement on every level of your being. If your healing effort is never more than an intellectual "brain-only" exercise, it will fail. Get your body and spirit involved, too. Get emotional! Get excited about what you're creating. Be like a kid on Christmas (or Hanukkah, or Kwanzaa). *Know* that your presents are on the way!

USING CREATIVE POWER LEVEL TWO: YOUR SPEECH

Death and life are in the power of the tongue: (Proverbs 18:21)

We seem intuitively to know that saying something aloud carries a lot more power than simply thinking it, or even feeling it. Building on our earlier example, a classic case in point is our willingness to say "I love you" for the first time in a new relationship. We know that this simple act takes things to a whole new level. That's because saying something carries greater commitment than merely thinking it, and therefore has a greater ability to make it "real."

What goes into a man's mouth does not make him `unclean,' but what comes out of his mouth, that is what makes him `unclean.' (Matthew 15:11)

And so it is in all areas of life, including weight loss. What you *say* carries more power than what you merely think. As such, a key factor in creating the new thinner, healthier, happier you is your willingness to make it real *with your own words*. The power of the spoken word is the foundation for the three Action Steps of Creative Power Level 2 (Action Steps 4 through 6).

We are snared by the words of our mouth. (Proverbs 6:2)

Action Step 4 - Tell Yourself What You Want!

To fully understand the power and potential of Step 4, you will need to read the upcoming section that covers in detail three subjects that are crucially important for changing your beliefs and behaviors: visualization, affirmation, and self-talk. All three are solidly based in both Scripture and science, and here's a perfect example from Titus 3:5-8 (KJV):

Not by works of righteousness which we have done, but according to his mercy he saved us, by the washing of regeneration, and renewing of the Holy Ghost; Which he shed on us abundantly through Jesus Christ our Saviour; That being justified by his grace, we should be made heirs according to the hope of eternal life. This is a faithful saying, and these things I will that thou affirm constantly, that they which have believed in God might be careful to maintain good works.

Because a fair discussion of each of these topics (visualization, affirmation, and self-talk) requires more space than we have here, I have given them what they deserve -- an entire section

of their own, elsewhere in the program. But for now, try to understand the tremendous power of your own words, how they have played a major role in creating your past, and how the simple act of changing them can -- and will -- create for you a very different future!

*For by thy words thou shalt be justified,
and by thy words thou shalt be condemned. (Mat 12:37)*

Whose words? My words? Your parent's words? Your spouse's words? Your boss's words? No, your words. Is this God punishing us? No! This is simply His Law at work. It is *His* Divine Design that *you* have the power to steer, control, and create your own experience of His world.

Why did God set it up so that your words would determine your life and destiny? So that no thing and no one -- including God Himself -- could interfere in your free choice...even if that choice takes you to Hell.

Being Honest With God

What is confession? Is it just our own acknowledgement of our sins? What is the procedure for and purpose of confession? It is ALL about taking responsibility. (Success Factor 4)

Then I acknowledged my sin to you and did not cover up my iniquity. I said, "I will confess my transgressions to the LORD"—and you forgave the guilt of my sin. (Psalm 32:5)

*If we confess our sins, he is faithful and just and will forgive us our sins
and purify us from all unrighteousness. (1 John 1:9)*

Now let's finish the steps that are going to take you from where you are to where you've always wanted to be! Once you're clear within yourself about what you want, it's time for...

Action Step 5 - Tell God What You Want

Ask and you will receive, and your joy will be complete. (John 16:24)

If you are a Christian, it wasn't God speaking to you that got you born again. It was you speaking to God. That is the power contained in your own speech. What you say is what you'll get. To be born again, you have to verbally claim it.

Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you: For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened. (Matthew 7: 7-8)

Your words have been stout against me, saith the LORD... (Malachi 3:13)

Be very careful what you say! We literally have the power to block God's blessings to us through the power of our own words. But if you have the power to be stout against God with your words, just imagine what you could do to the devil if you turned on him!

...let us draw near to God with a sincere heart in full assurance of faith, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water. (Hebrews 10:22)

It's OK to be bold! We have the *right* to ask for what we want in God's blessings.

Action Step 6 - Tell Others What You Want

There are differing opinions about sharing your goals with anyone. Some people tell you to keep your goals and dreams to yourself, that sharing them exposes you to negativity and disbelief from others, that you should wait until you have real results to show, and then tell others.

I respectfully disagree with those folks. I'm a student of the "shout it from the mountaintops" school. Tell *everybody*. Learn to ignore the doubters and naysayers. You'll have to master that skill sooner or later, anyway.

Why not start today, and make that part of your new basic "life skills" equipment package? But do whatever feels right for you. That's the best guideline and, in any case, is at the heart of learning the skills of self-empowerment.

How did Jesus deal with a direct frontal assault by Satan? By speaking the Word! By quoting Scripture. In so doing, he provided us with the perfect role model for what we are to do in the same situation. Our ultimate weapon is the word of God. We have only to find it and use it. There is no need for us to complain or even to request. We simply need to quote God's Word back to him. Then he can say, "Oh, I see you get it."

However you may feel about Muhammad Ali, be aware that he was a master at this powerful creating technique. What did he tell everyone? "Gee...I hope I win"? No way! He proclaimed, "I am the champ!" "I am the greatest!" He said it, he believed it, and he created it. He played by The Rules Of Creation and became a winner. You can, too. Telling other people what you intend to create also has the effect of making you "put your money where your mouth is."

A man shall eat good by the fruit of his mouth. (Proverbs 13:2)

So, if you want to be a champion at creating what you desire, follow Ali's lead. When you talk to others (or to yourself, for that matter), *never* talk about your problems. Never give more life and power to what you do not want. Only and always talk about what you *desire*, what you *intend* to create, what you *want* to experience. Use your Three Levels Of Creative Power to put attention *only* on what you want, never on what you want to leave behind.

OK, Let's Summarize What We've Covered So Far:

First, you will visualize your New Life Scenario in detail, and know that you *deserve* all that you have been given the desire for. Then you will write your vision. Describe it with as much clarity and detail as you can. If you like, you can do it in as few as seven sentences. Then add more later as your vision gets clearer.

Next, you will read your affirmations aloud, with the emphasis on LOUD. Do it with passion for at least 5 minutes. Do it with a feeling of power, entitlement, command, authority, confidence and joy. Summon forth what you desire. Convince the Universe. Convince yourself! Be bold!

In saying your affirmations aloud, you are literally speaking your desired reality into being. Again, this process is not the least bit "New Age-y." In fact, it's very Biblical. It was true in the time of the ancients, and it's true now. What you *say* is what you get.

And keep in mind that you are *already* using this powerful creative process every day. For example, when you say something like, "There just aren't any good men/women left out there," or "I'll never get rid of these excess pounds," you are actually empowering that thought as a belief, which, in turn, creates a reality that *you* then get to experience.

With every thought and every statement, you are planting "reality seeds." Any idea or word repeated with passion and conviction eventually becomes a self-fulfilling prophecy. So be careful what you call "real." Be careful what you think, be even more careful what you say, and be extremely careful what you do. Your creative powers are far greater than you may imagine.

USING CREATIVE POWER LEVEL THREE: YOUR ACTIONS

Words are a powerful part of the creative process, and even more so than thoughts. But as the old adage tells us, actions speak louder than words. As such, they are even more powerful tools for creation. So Creative Power Level Three consists of the following four powerful Action Steps:

Action Step 7 - Get Your Body Fully Involved

At Level One you got the power of your vision, your feelings, and your emotions involved. At Level Two, you got the "prophesying" power of your words, your voice, and your declarations involved. Now it's time to get the rest of your resources involved in the success process.

Use your body's ability to turn thought energy into physical energy to amplify your creative powers. You do this by acting out your beliefs and convictions. For example, each exercise we do in this Manual requires you to take *action*. You can't just think about exercise, or even talk about it. You gotta DO it. And you need to be willing to do anything and everything else that helps your vision become a physical reality.

You will also be mapping out your Behavioral Success Plan a bit later. There you will start to create a program totally customized for you that includes not only your thoughts and words, but also your actions -- specifically including diet and exercise. And never lose sight of the fact that God created you as body, mind, and spirit. Which of those do you think He would be willing for you to neglect?

Action Step 8 - Behave "As If" You're Already There

Recall again IBM founder Tom Watson's third success key: Once your vision of the desired outcome is clear, do *only* the things that are consistent with that vision, and do nothing that is

inconsistent with it. In other words, to become who or what you'd like to be, act "as if" you already are that way. Do only the things you'd do if your goal was already met.

...faith by itself, if it is not accompanied by action, is dead. (James 2:17)

Let's say, for example, that you want to be thinner. Well, since food is a part of your life now, and will be for as long as you have a pulse, let's deal with it. You begin by developing a new awareness about food and eating. You envision the new beliefs, self-image, etc, that will *ultimately* be part of your daily experience.

If you were at your target weight right now, how would your thoughts and behaviors be different? Ask yourself, in a sincere and serious way, how you'd *think* and *feel* if you were *already* thinner. Then *practice* thinking and feeling that way. Ask yourself what you'd *do* if you were already at your target weight. And practice doing that.

Would you be feeling guilty because you were not at your ideal weight? Or would you be feeling pride and a sense of accomplishment that you were? Practice the feelings you want, not the ones you already have.

Bear in mind, of course, that it is not an instantaneous process to change your "as if" thoughts and behaviors. It will take some time and practice. It may seem like BS. And you *will* backslide. But if you're willing to put in the energy, you can make amazing progress in just a few months. What once seemed almost unattainable will actually become routine, easy, and enjoyable.

Action Step 9 - Take "Affirmative Action" Every Day

You see that a person is justified by what he does and not by faith alone. (James 2:24)

To guarantee your own success, you must be *actively* involved in it. This means that you must take clear, specific, and conscious *action* every day and even more than once a day.

Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour. (1 Peter 5:8)

You GOTTA take ACTION or ELSE! In fact, there are 15 specific things you can and should do daily. They are your "15 Daily Actions For Lifelong Results," and you'll soon see what they are.

But right now we're studying these 10 Action Steps so you can see how your own creative power works, how to use it to create what you want, and how to take the Daily Actions that will transform your life. So be sure you have a solid grasp of them before you move on. The last of the 10 Action Steps may confuse you, but in truth, it's the key to *activating* the first nine steps.

Action Step 10: You Will Let Go -- Of *All* Of It

This is probably the most confusing step you will take. After all, here we are at the fourth and final step of the most powerful level of creation: taking action. So shouldn't we be...taking

action? Well, yes and no. Like I said, this step is a bit confusing, and definitely counterintuitive.

What's confusing is that this ultimate "action" step is not about letting go in the sense of giving up. It's letting go with the full confidence that what we want is definitely and irrevocably on the way to us. To act "as if" that truly were the case, we need to let go -- deliberately, actively, and completely. We are doing things God's way. We have acted according to His instructions. Now our job is to live in the faith and confidence that He delivers on His promises!

And if by grace, then is it no more of works: otherwise grace is no more grace. But if it be of works, then is it no more grace: otherwise work is no more work. (Romans 11:6)

Do we seek to be righteous? (In right standing with God?) If so, it is our faith, not our works that will get us there. "Works" is Old Covenant thinking. As a Christian, you are under the New Covenant, so *faith* is the fundamental key to your success.

For by grace are ye saved through faith; and that not of yourselves: it is the gift of God: Not of works, lest any man should boast. (Ephesians 2:8,9)

You see, the secret of getting what we want--in any area of life--is not in hoping or longing, but in powerfully desiring, imagining, and believing and then having faith that God will deliver. We don't even have to figure out *how* it will happen, or rationalize *why* it will happen. We just need to want it bad enough, see it clearly enough, and believe in it strongly enough.

We Are *Believers*, Not Achievers!

It's not what we can do, but what God can do through us when we surrender. Contrary to what we've been taught in Western culture, the key to success is not in "figuring out" how to get what we want, and then "huffing and puffing and struggling" it all into existence. Your job is not to MAKE it happen, but to BELIEVE it will happen, and then LET it happen.

The truth is that imagination and visualization are far more powerful than knowledge and effort. If you don't "know" how you're going to reach your goal or create your vision, it doesn't matter. When your belief and conviction are strong and clear enough, your path will become clear.

Yet you must also avoid becoming "attached" to your desired outcome. Again, this is counterintuitive. But attachment is fear-based; it comes from your fear that you *must* have things a certain way, or you can't be happy. Fear creates only lack, and pushes victory away from you. If you dwell on the consequences of not succeeding, not succeeding is exactly what you'll get.

To fall into the trap of thinking or feeling that you must "make it happen" is also a fear-based attitude. Instead, you want to stay in an attitude of powerful, positive expectancy and an attitude of "it is happening, it will happen, it has happened." That's called *faith*!

But without faith it is impossible to please him: for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him. (Hebrews 11:6)

I know this process can seem a bit confusing. But it's only our cultural learning that makes us

confused. We think that we must "force" things into existence -- especially in America.

In fact, letting go and "letting God" may be the toughest challenge of all for us go-getter Americans. That's one reason so many of us fail -- because we get the sequence backwards. We think that the "how to do it" part must come before the "what to do" part. But when you are firmly committed and stay in faith, God will create victory for you!

Here is the ultimate practical example of how we can create powerful life-changes by this three-step process. If you are a Christian, there's only one way you got there.

...if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved. For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation. (Romans 10:9,10)

Believe (Step One), confess (Step Two), and then act accordingly (Step Three) by getting baptized, walking your new walk, and acting like the new creation you truly are. So using the Three Levels Of Creation here's what you need to do to create weight loss or any other goal that is in line with God's Word.

Think - *Think* about what you want and *feel* good about having it.

Think on these things. (Philippians 4:8)

Speak - State the reality you want. Confess it, prophesy it for *your* life.

...with the mouth confession makes salvation. (Romans 10:10)

Act - *Behave* as if you already have what you want.

If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land. (2 Chronicles 7:14)

Ideal Use Of The Three Levels Of Creation:

Level 1: What You Think - Think the Word! Find a scripture that will empower you and remind you who you all are in Christ, and who God says you can be. Practice imaging, believing, getting and staying in faith, watching self-talk, reading the Word.

Level 2: What You Say - Speak the Word. And don't just mumble it. Shout it out! Say it like you mean it. Say it like you want to convince God that you mean it. Practice verbal affirmations, watching you mouth (understanding its power), speaking the Word.

Level 3: What You Do - Act it out. Use your power. Take charge. Actively forgive yourself and everyone else - as you have been forgiven. Practice writing affirmations, speaking them, acting consistent with your vision, Christ's teachings, and God's Word.

*Do not merely listen to the word, and so deceive yourselves.
Do what it says. (James 1:20)*

You Must Be Proactive *And* You Must Stay Focused

Knowing this, that the trying of your faith worketh patience. But let patience have her perfect work, that ye may be perfect and entire, wanting nothing.

If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him.

But let him ask in faith, nothing wavering. For he that wavereth is like a wave of the sea driven with the wind and tossed. For let not that man think that he shall receive any thing of the Lord. A double minded man is unstable in all his ways. (James 1:3-7)

Get your thoughts on what you *do* want, and off of what you don't want, and don't let them *waiver*. Feel good about having what you want, and feel positive about wanting what you want. Know that you deserve it. Focus on the benefits of having it, and how much better your life will be when you do have it. Don't waste your time wondering how, why, or even when. Those things need not be your concern when you do things God's way!

- Success Exercise #14 -

Your Own Real-Life Example

Where have you used, in your own life -- and perhaps this very day -- any or all of these three levels of creation? Did you know that you're actually doing it all the time, even when you're completely unaware of it? Every single thing you think, say, or do is literally determining your experience of life right now, and helping to shape what you will experience in the future.

Aren't you glad God gave you that awesome power? Don't you wish you were just a bit better at using it? Don't worry. You'll well on your way!

- Success Exercise #15 -

Identifying Your Top 5 Sources Of Stress (Stage 1)

What are the 5 major sources of stress in your life? Just identify them and make a list. Then see if you can find a link from each of these 5 sources of stress to excessive or unhealthy eating. Then write your answers in your Success Journal. We'll visit this topic again a bit later.

And remember: Write *everything* down in your Success Journal!

- Week 2, Day 2 -

The Astonishing Power Of Your Self-Talk

Of all the topics we'll cover in this program, no change you can make will have the power of improved self-talk.

What is self-talk? It's the internal conversation you have with yourself all day (and night?) long. We say some incredibly negative things to ourselves, and may not even notice that we're doing so. But our spirit notices, and sinks a bit lower every time we do it. And our negative, self-sabotaging beliefs become just that much stronger with each repetition.

If some other human being insulted you, you'd probably get indignant, argue, and maybe try to prove them wrong. Yet you say things to yourself that are more toxic and destructive than anything anyone else could say. And you do so daily! What's going on here? Why would you tolerate verbal abuse from yourself that would be fighting words if others said the same thing?

Because you have not yet learned to spot the voice of the Great Deceiver, pretending to be you! Why can't you spot him in action? Because he's been doing it all your life. He has you convinced that his voice is your voice, and you believe what he says because you think it's you. So he slips past your defenses and launches daily attacks on your body, mind, and spirit -- from the inside.

What is the cure? You need to get just as upset when the enemy insults you from inside your own mind as you would if someone insulted you from the outside. You need to be just as vigilant against internal abuse as you would against external insults.

The enemy has his army of evil agents and tempters, and can even plant negative thoughts in our mind. Monitoring what goes on in our mind is our job. Being born again only needs to be done once to last forever. But receiving what God wants to give us requires our ongoing active participation every day of our lives. In fact, every hour is a good plan.

The point is that you have God-given power to change your life. But you must believe it, and you must use it. And you need to do it God's way -- not the world's way, and not your way. You need to recognize when negativity is happening inside you, then actively take control of it and reject it. Every time you find yourself with an opportunity to buy into negativity of any kind, recognize that you are being tempted by Satan. If you do buy into it, you instantly *lose*.

Hast thou faith? have it to thyself before God. Happy is he that condemneth not himself in that thing which he alloweth. And he that doubteth is damned if he eat, because he eateth not of faith: for whatsoever is not of faith is sin. (Romans 14:22-24)

Dear friends, if our hearts do not condemn us, we have confidence before God and receive from him anything we ask, because we obey his commands and do what pleases him. (1 John 3:22-23)

Cast not away therefore your confidence, which hath great recompence of reward. (Hebrews 10:35)

Virtually all of your problems in life are caused by *your own fear and negativity*. But the roots of your negativity are deeply buried. If you aren't willing to dig for them a bit, how can you ever expect to get them exposed to the light of day -- where they can be healed? Your own fear and negativity block the very blessings you most want to receive. *You* are the key!

Can't figure out how to solve all your problems? Good! That's not your job anyway. To believe that you have to solve all of your own problems is to worship your own intellect instead of God. Worship takes many forms. What you give power to is what you worship. If you fear what will happen in life, you are actually worshipping the enemy, by believing that he is running the show!

Through faith we understand that the worlds were framed by the word of God, so that things which are seen were not made of things which do appear. (Hebrews 11:3)

On the other hand, when you live in *faith*, you are fearless. One of the best things about having a spiritually-based approach to life is that it allows you to live in a state of peace and confidence instead of the stress and frenzy that characterizes the way the world lives. Instead of always being vulnerable to some form of fear or worry, you live in the confidence that there is a Plan, that you are a part of it, and that your true needs are being taken care of.

- Success Exercise #16 -

Starting To Monitor Your Self-Talk: Your "Negativity Log"

Write down every negative thing you say to yourself, either silently or aloud. Underline any negative thing you say more than once -- especially if it has anything to do with any of the Success Factors.

How many hours of your life have you invested in thinking about, dwelling on, regretting, worrying about, or feeling guilty about the issues of the past? Where has all of that gotten you? The key to success is to focus on what you *want*, not what you *don't* want.

- Focus on God.
- Focus on peace.
- Focus on your vision.

However horrible your past may have been, no amount of dwelling on it or focusing on it or analyzing it will change it. The key to dealing with problems from the past is to decide in the present not to drag them into your future.

Now write about this in your Success Journal!

How To Turn *God's* Wisdom Into *Your* Weight Loss!

Understanding And Using Your God-Given Creative Powers

*And God said, Let us make man in our image, after our likeness...
So God created man in his own image, in the image of God created he him;
male and female created he them. (Genesis 1:26, 27)*

The source of all creation and the ultimate power in the universe is God, the Creator, the Great Spirit, the heartbeat of the universe. And you are a creation of God, the Creator.

If God is The Creator, and we are created by Him in His likeness and image, what does that make us? We must also be creators. But we are a very special kind of creation. We are a creation who has been given our *own* power to create!

What can we create? We can't create the universe. That job is already taken. But God gave each of us the right to create our *experience* of His universe. God has made us powerful creators in our own right. In a very real sense, we are cosmic "subcontractors" because we are made in His image and likeness.

As our Creator, God is clearly the source of our power. But few things in life are less understood than our own God-given powers to create our experience of the life He has given us. The vibrance of your spirit is a perfect measure of how in touch you are with your God-given power. So your power to create life as *YOU* desire it to be is directly related to your awareness of your connection to the source of that power -- your Creator -- God.

I can do everything through Him who gives me strength. (Philippians 4:13)

Note the word "everything." Does that include weight loss?

In the original Hebrew, God is called by more than one name: "Elion" means God the Almighty. "Elohim" means the God of creation. You are a God-empowered creators, empowered to create our own earthly experiences. So the question becomes: What do **you** want to create? What *weight* do you want to create?

Understanding God's Power Structure

1. It all begins with God's Power. Then comes...
2. Your God-given power
3. Your clear desire
4. Your belief that you can have what you want
5. Your focus on what you want
6. Getting in faith and staying there
7. Taking appropriate action (See "The 3 Levels Of Creation" and "10 Daily Actions")

Note that item 1 is God's job -- and that it has *already* been done. God took the first step. He created you and then empowered you to create for yourself, by taking the other steps. But it is *your* job to take the other steps, because *you* are the empowered creator.

Yet it's not your job to "make things happen," only to get clear about what you want to happen, then take appropriate action, and then let God make it happen. You can't do it without Him, and He won't do it for you unless you play by His rules. So if you are ever going to create the weight and the health you want -- instead of what you have -- then you need to understand...

"The Rules"

1. You have the power to re-create your life and body as you wish them to be. This is the greatest gift your Creator has given you. And you *do* use it, every day of your life. But you have most likely been doing your creating unconsciously. To be victorious, you must learn to do your creating *consciously*.

Nay, in all these things we are more than conquerors through him that loved us. (Romans 8:37)

2. You have made your life and your body as they are right now. But this is not cause for guilt or remorse. It's actually cause for celebration -- because it acknowledges your own tremendous power to create. The power that you once used *unconsciously* (and perhaps with unhappy results) can now be used consciously and deliberately -- with life-changing results!

Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap. For he that soweth to his flesh shall of the flesh reap corruption; but he that soweth to the Spirit shall of the Spirit reap life everlasting. (Galatians 6:7-8)

Whatsoever we sow, we reap. What you are now reaping is what you have already sown. Want to reap a different harvest? Then you need to change what you're sowing!

3. It is entirely up to you to acknowledge, to claim, and to use your vast creative powers consciously. Nobody can force you to use your power wisely. That choice is always up to you. But thanks to your Creator, it's at least a choice *you* get to make!

Your Power Comes From Your Faith

God can only help you with your own permission and cooperation. And your permission and cooperation can only come in one form -- your belief or faith. You show that you are open to God's blessings by believing -- by having faith.

What do you need to believe? You need to believe that you *can* be successful. You need to have faith that God *means* what He says when He says that all things are possible to him who believes. Our power to create what *we* want comes from *our* faith. So the way God has set it up, your success is *your* job!

I tell you the truth, anyone who has faith in me will do what I have been doing. He will do even greater things than these, because I am going to the Father. (John 14:12)

There are many references to your creative power in the Bible. But in every case, there is a condition attached to getting what you want. What is that condition? *Your* belief in God's promises and *your* participation in making it happen. This is not to say that you need to make it happen. God will make it happen for you. But to do so, He needs your conscious cooperation, not your unconscious opposition.

Important Concept: What You Now See Is What You Once "Saw"

It's important to understand that, just as God creates the seen from the unseen, so do we.

Now faith is the substance of things hoped for, the evidence of things not seen. For by it the elders obtained a good report. Through faith we understand that the worlds were framed by the word of God, so that things which are seen were not made of things which do appear. (Hebrews 11:1-3)

He is our father in the sight of God, in whom he believed—the God who gives life to the dead and calls things that are not as though they were. (Romans 4:17)

Yes, it was God who gave us our creative powers. But it is *we* who determine what we will create with them. And whether we're consciously aware of it or not, we are the ones who create our own weight. Whether you do your creating consciously or unconsciously has no bearing on our ability to create. But it has a huge impact on *what* you create.

Your physical reality is actually the "end product" of what goes on in your mind and spirit. In other words, what you end up experiencing in your physical reality is what you first created and embraced in your mind and spirit. In more tangible terms, what you have created (visibly) around your waist began as something (unseen) in your self-image.

You are *always* creating, all the time, 24/7/365. You are a reality-creating organism, made in the image of your Creator and born to create. This is not optional. So the question is not *whether* you will create an experience, but *what* experience you will create.

But, you ask, if I really am the creator of my earthly experience -- and my weight -- how come I keep experiencing things I don't want? And how come I don't weigh what I want? The answer is that (a) you are doing your creating based on beliefs and attitudes you got from the world, and (b) you have been doing your creating unconsciously for most of your life! (And you still are!)

If we are born again, we are new creations in Christ (2 Corinthians 5:17). But when we fall back into our old worldly ways, then we are not *behaving* like new creations. To really get in touch with our power to create the lives and bodies we want, we literally must come to see ourselves as new creations in Christ.

God's Greatest Gift To Humanity

God's greatest gift to us is the freedom to choose whether to embrace Him and to believe Him. We can even choose to reject Him, His Son, and all His other gifts! In this choice above all else, we can see the greatness of the power we were given -- and the extent of His belief in us.

But how can we make sure we use our power wisely? By developing our faith, and by focusing on the Word instead of the world.

Consequently, faith comes from hearing the message, and the message is heard through the word of Christ. (Romans 10:17)

...It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God. (Matthew 4:4, re Deut 8:3)

In other words, the quality of *your* power is the direct result of your exposure to *God's* Word. So the key to using your power wisely is to stay immersed in the Word. If you will do that, you will be in a position to receive all the power God has set aside for you:

Behold, I give unto you power to tread on serpents and scorpions, and over all the power of the enemy: and nothing shall by any means hurt you. (Luke 10:19)

Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us... (Ephesians 3:20)

Now that you know that you are a God-empowered creator, let's see how you can make sure you'll be doing your creating in a healthy way!

- Week 2, Day 3 -

God's Gifts, And Your Priorities

*May God himself, the God of peace, sanctify you through and through.
May your whole spirit, soul and body be kept blameless at the coming of our Lord
Jesus Christ. The one who calls you is faithful and he will do it. (1 Thessalonians 5:23, 24)*

Success Requires That *All Of You* Be Involved: Body, Mind & Spirit

God has given you three precious and priceless gifts: your spirit, your mind, and your body, as we saw back at the beginning of this program, you stand a very poor chance of reaching your weight loss goals unless all three of God's great gifts are *involved* and *aligned* toward victory. In fact, the world fails so miserably at weight loss primarily because of three fundamental errors it makes regarding this misunderstanding:

Worldly Error #1 - Most people do not understand that we are not merely bodies, but body, mind, and spirit. At best, we think we are bodies who have minds and, oh, maybe some vague and ethereal thing called a spirit. In fact, we *are* spirits who *have* minds and *occupy* bodies.

Worldly Error #2 - We do not understand that, far from being "vague and ethereal," our spirit is actually the most "real" part of who we are, and the true seat of our creative power. (As quantum physics has shown, it is this physical, material world that is actually the most illusory!)

Worldly Error #3 - As a result of our tragic cultural misunderstanding, our spirit -- the most important aspect of who we are -- is either relegated to last place, or gets no attention at all! And the price we pay is a steep one indeed.

Because of these three errors, we end up neglecting the parts of ourselves that could best help us get what we want: health, happiness, serenity, prosperity, love, and all other good things in life. So we end up with a backward understanding of God's design for us, which leads to backward, worldly priorities and an over-focus on the material.

*Now this I say, brethren, that flesh and blood
cannot inherit the kingdom of God. (1 Corinthians, 15:50)*

The spirit has authority over the mind, which in turn has authority over the body. So power actually starts in the spirit (coming from the Source), is transmuted to the mind, and then visually manifests in the body. It's a different kind of "trickle down" economics. As such, the body is best seen as a "diagnostic tool" for what's happening on the other levels of our being. What statement is your body making right now about what's been going on in your mind and spirit?

Authority not exercised is like no authority at all, so our job will be to learn to exercise the authority we've been given. To do this in a healthy way requires you to grasp that the three

aspects of self -- body, mind and spirit -- are inseparably interwoven and, together, make you uniquely who you are. They are all involved in the problem, and must all be part of the solution.

Your Body-Mind-Spirit Connection

Let me say it again: To succeed at weight loss, you must get *all three* aspects of your self aligned toward your goals. If you don't use the power of your own mind and spirit to control what happens with your body, your weight-loss efforts are simply doomed to fail.

Western science is gradually becoming aware that its approach to health care is fundamentally flawed. We are finally discovering what Eastern medicine has known for millennia: Our health can only be optimized when these three aspects of self are in balance.

To create optimal health (which certainly includes losing our excess pounds) we need to work with *all* of who we are. An approach to healing that involves all three aspects of self (spirit, mind, and body) is called *holistic*, stemming from the same root word as *whole*, *hale* and *holy*.

A house divided against itself cannot stand. If your body, mind, and spirit are not all three aligned toward your weight loss goals, you are a house divided -- and you must fall!

Why Balance Is So Essential For Health And Happiness

The research shows that the people who live balanced lives are the healthiest and happiest ones, *and* the ones most likely to be at their ideal weight. They understand that they are comprised of body, mind, and spirit, and keep a balance between all three. If your body, mind, and spirit are out of balance, your life will show it -- and the most visible sign may be an out-of-shape body.

You know, about once a week somebody asks me..."But isn't it unspiritual to be focused on our bodies?" NO! Absolutely not! It's only bad to be *over* focused on your body. Remember, God has given you three precious gifts for this life: your body, your mind, and your spirit. Knowing that, which of God's three gifts do you think it would be OK to ignore, neglect, or disrespect?

More than any other culture on the planet, we Americans need to get our priorities straight. We are the most overweight nation on the planet because our priorities are so tragically misordered.

So our *first* order of business must be to put our lives back in balance. For many of us, this will mean taking a close look at our spiritual selves -- perhaps for the first time. Why? Because that's the only cure for our obsession with the physical, material side of life.

Do not store up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where moth and rust do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also. (Matthew 6:19-21)

You say, 'I am rich; I have acquired wealth and do not need a thing.' But you do not realize that you are wretched, pitiful, poor, blind and naked. (Revelations 3:17)

We really need to let go of our physical, material priorities.

For the love of money is the root of all evil: which while some coveted after, they have erred from the faith, and pierced themselves through with many sorrows. But thou, O man of God, flee these things; and follow after righteousness, godliness, faith, love, patience, meekness. (1 Timothy 6:9-11)

For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. (Ephesians 6:12)

Only then will we discover the real source of power for the life changes we seek. And never let other people run your life. Be much more concerned with pleasing God than pleasing people.

But because of the Pharisees they would not confess their faith for fear they would be put out of the synagogue; for they loved praise from men more than praise from God. (John 12:42-43)

When we neglect our own spirit, we become ever more strongly identified with our physical self. This, in turn, plunges us ever deeper into the backward priorities that have already created so much of our misery. The result? We become ever more separated from the true source of life, and ever more entangled in the illusions of life on earth. Not only does this cheat us out of the powerful spiritual resources that are rightfully ours, it also costs us plenty in mind and body.

Because our priorities are messed up, we create unnecessary stress in our lives. This stress takes a toll on every part of our lives, and very often, leads to bad dietary habits. Stress also creates in us the hormone cortisol, which *further increases* our tendency toward obesity.

The Shift From Victim To Victor Requires Getting Your Priorities Straight!

....for your heavenly Father knoweth that ye have need of all these things. But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you. (Matthew 6:32,33)

Note that this statement is conditional: "...seek ye first the kingdom of God, and his righteousness; Before you can receive God's abundant blessings, you must get your priorities straight! That means having a truly spiritual approach to life, and doing what God tells us to do. But where do we look to find this "kingdom of God"? Within our own God-created selves!

The kingdom of God does not come with your careful observation, nor will people say, 'Here it is,' or 'There it is,' because the kingdom of God is within you. (Luke 17:20, 21)

Adam and Eve had spiritual priorities until the fall. Then they started living in fear and guilt instead of love and faith. There was only one thing they weren't allowed to do, and they did it anyway. This is why we pray for God not to lead us into temptation (including food) but also to deliver us from evil and to not let ourselves be influenced by the tempter.

As we have seen, the quality of our spirit is a direct reflection of how connected we feel to our Creator. On the other hand, feeling unconnected leads us to feelings of isolation, depression, dispiritedness, lifelessness -- a living death. So the health of any human being begins with and always depends upon the health of his or her spirit.

What is it that really makes someone attractive or unattractive in life? I'm talking about the kind of attractiveness that transcends mere physical beauty. It's the quality of their spirit, isn't it? That's why a person who has lost his joy in life is often called "dispirited." Depressed, suicidal people are suffering because they are dispirited. You make your spirit healthy through:

- prayer
- healthy thinking
- correct priorities
- investing time in spiritual activities
- studying the Word
- discovering and embracing your own divine nature

Any time we put the world's way before God's way, we are opting for sin. We are missing the mark. We are in error. And it doesn't matter whether we do so consciously or unconsciously.

Ignorance of the law is no excuse. Have you ever heard that expression? Well it applies to God's law as well as to any law that humans make. By the same token, *unconsciousness* also is no excuse. If you are driving down the road and your mind wanders off the task at hand, and you run off the road and hit a tree, does it really matter whether it resulted from conscious or unconscious motivation?

Just as we need to be conscious of where our car is on the road, we need to be consciously aware of our own power and what we are creating with it in every moment of our lives. And we must never try to find in food what we can only find through spirit:

*For the kingdom of God is not a matter of eating and drinking,
but of righteousness, peace and joy in the Holy Spirit. (Romans 14:17)*

The earth is right where it belongs -- beneath your feet -- because you should always keep your feet on the ground. God belongs in your mind, and Jesus belongs in your heart.

Keep God on your mind so He can renew it. That's necessary for you to discover who you are, learn to love yourself as He does, and to discover what He put you here to do. Again, Romans 12:2 is the key. Keep Jesus in your heart and you'll never be alone. And with Jesus in your heart, your compassion for yourself *and* others will begin to blossom, and eventually spread to include everyone. How do you think that would feel?

Being born again is supposed to be a renunciation of earthly priorities and an embrace of God's priorities. That's why we need to stop looking at the world to figure out how to live. We are not about living the world's way. In fact, it is the world that has taught us the unhappiness we now experience which in turn, has resulted in the excess pounds we're now trying get rid of!

Rid yourself first of your unhealthy worldly thinking. Then watch your body --and your life -- "miraculously" begin to take the shape and form that God intended! To do this, you must...

1. Come unto God as children (with zero answers) instead as know-it-all adults with all the answers.
2. Seek first His righteousness...
3. Lean not on our own understanding...
4. Stay in faith. Without faith it is impossible to please God.

- Success Exercise #17 -

Are You Suffering From "Achievement Imbalance Disorder?"

Have I bought into the great American "achieve / attain / acquire" mentality?

Am I living an out-of-balance life? (More about this later.) If so, what might this be costing me? Am I ever going to get clear about what's really important in life? Reflect on these questions and write all your thoughts down in your Success Journal.

- Success Exercise #18 -

Are You Doing Any "Compensatory" Eating?

Virtually all unnecessary eating is done to "compensate" for something we think or feel is "missing" from our life. If our lives feel empty, we may try to fill that void with food. Or if life isn't sweet, we may want to eat something that is. You get the idea. This is called "compensatory eating," and is a *major* contributor to obesity in Western culture.

Your assignment is to ask yourself: If I were to be doing any compensatory eating in my life, what would I be eating to compensate for? What do I think or feel is "missing" from my life? What "holes" in my life am I trying to fill with food?

Do I understand that my compensatory eating is NOT a solution to any problem, but in fact is creating a brand new problem? Am I clear that, as long as I continue to indulge in compensatory eating, I might as well figure on never reaching my goals, never having the healthy body I desire and deserve, and never living the life I was put here to live?

Food for thought, eh? Write all your thoughts down in your Success Journal

Here Are The Top 10 Ways To Get All Of You Involved In Success:

Heal Your Mind:

1. Renew Your Mind!—Stay Immersed In The Word (Not The World)
2. Create Clear Goals And Compelling Motivations

3. Replace Your Self-Sabotaging Beliefs
4. Create A Better Self-Image
5. Increase Your Self-Esteem And "Deservability"
6. Take Responsibility, And Take Control Of Your Life!
7. Replace Fear With Faith
8. Identify And Eliminate Learned Helplessness
9. Monitor Your Self-Talk Constantly
10. Work With A Professional Coach Or Counselor

Heal Your Body:

1. Repossessing God's Gift To You By Taking Responsibility For Your Own Health
2. Prioritize Physical Activity
3. Create An Exercise Regimen
4. Know the difference between Diet and Dieting
5. Understand The Role Of Nutrition
6. Clean Up Your Diet
7. Learn About Food Combining
8. Clean Out Your Colon—The Ultimate "Inside Secret"
9. Learn About The Connection Between Breathing And Emotional Release
10. Visit Your Local Chiropractor And Get Your Energy Flowing Right

Heal Your Spirit:

1. Get Your Priorities Straight
2. Reestablish Your Connection To God
3. Understand Your Power To Create
4. Claim And Use Your Power
5. Know Your Own Limitations
6. Take Your Spiritual Snapshot Using The "LLSA" (Life & Love Self-Assessment) Bonus
7. Understand The Huge Cost Of Negativity
8. Reducing Stress Through A "Blessings Assessment"
9. Daily Spiritual Practice Prayer And Affirmation
10. Understanding That You Have The Power Of Choice In Every Moment

- Week 2, Day 4 -

Your Ideal Life: Identifying Clear & Powerful Goals

This is a big day, because you are about to take a big step! You are officially going to transition from the "learning about" part of this program to the "actively creating what I want" part.

By this point in the program you understand:

- (1) The problem.
- (2) The solution.
- (3) The reality of your SSBs.
- (4) Where your SSBs came from.
- (5) How your SSBs caused your life to be as it is today.
- (6) The vast powers God has given you to create the life and body you want, and
- (7) How you have *unconsciously* used these powers in the past to create the life and body you have in the present.

So now it's time to take your first "power step" toward creating the body and life you do want! And that first proactive step is to create clear, meaningful, and powerful goals.

- Success Exercise #19 -

Creating Clear & Compelling Goals: Stage 1

Creating powerful goals begins in your imagination. One of the success secrets I teach my coaching clients is to focus *only* on what you want, and *never* on what you don't want. It's time to dream, and dream big.

Your assignment: Envision and to describe your perfect self and your perfect life. Forget any and all things you now consider to be limitations. Just dream. Be five years old again, at least for the rest of the day. Get the "dream machine" going again. You know -- the one that got turned off (or way down) because so many "practical" things got in the way.

Look at the future and see it as you would most like it to be. How is that? How is it different from now? Why is it better? How will it change your life to be at your healthiest weight? What's better in every area of your life?

Let yourself really dream and get excited about the possibilities, then write down 3-5 very clear goals that you are seriously interested in reaching. Your three Primary Goals also need to be "S-M-A-R-T" -- which means that they need to be:

1. **Specific** - Your goals must not vague or fuzzy.
2. **Measurable** - There must be numbers in your goals (pounds, clothes sizes, etc).
3. **Attainable** - By YOU.
4. **Realistic** - For example, losing 100 pounds in 100 days is not realistic.
5. **Time-Limited** - By what exact date will you reach each goal?

Because this is primarily a weight loss program, make your first three goals about how your life will be better at your healthiest weight. But also create at least one goal for your mind (your thinking), and one goal for your spirit -- perhaps regarding your relationship with God.

Definitely write all your responses in your Success Journal!

- Week 2, Day 5 -

Identifying Your Compelling Motivations

Now that you have established some clear goals, think about what might happen if you actually *reached* them. Then think about what might happen if you didn't.

Why do we want to think about both? Because we humans are propelled in life by two opposing forces. The first pulls us toward what we want and the second pushes us away from what we don't want. These are also sometimes called the "pleasure-seeking" and pain-avoiding" forces.

As such, you will need to have two categories of motivations: "push" and "pull." Let's begin by identifying your "pull" motivations. These are the major benefits of reaching your goals. The idea is to make them clear and strong enough to pull you towards them if the going gets rough. Think in terms of what it might mean to you, to your life, to be at your healthiest weight. What wonderful things might happen if that were the case?

Then create your "push" motivations. Get clear about what you do *not* like about life at an unhealthy weight? Get in touch with the *real* reasons why you don't want things to be as they have been, and why you certainly don't want them to be the same -- or worse -- in the future.

Don't try to paint a pretty picture here. What has been the cost in every area of your life your health, happiness, energy, opportunities, self-esteem, self-image, etc. And by all means, get emotional! This is your life! Do you want it to be miserable -- or miraculous? Are you beginning to see that you have a choice?

- Success Exercise #20 -

Getting Crystal Clear About Your Motivations: The Cost/Benefit Analysis

Your assignment today is to imagine or envision the 12 most wonderful consequences, not just of being at your healthiest weight, but of *staying* there.

Imagine how your life would change if you never had to worry again about being overweight, but instead found that you automatically and effortlessly went to your healthiest weight and stayed there, day after day, week after week, month after month, year after year.

Let yourself really experience how reaching all of your goals would dramatically improve and enhance your body and your life.

1. _____
2. _____
3. _____
4. _____
5. _____

Now identify the top 12 costs of failure. What are the 12 worst consequences of staying where you are and/or failing to reach your weight loss goals?

Don't jump into this too quickly, but instead ponder for a while. What have been the real, deep, most painful costs of being overweight in your life?

You really need to be sure you're not in denial here, or you risk losing one of your most powerful sources of motivation: disgust! So you need to make this part "graphic and yucky." Be painfully clear about why failure is not an option for you!

1. _____
2. _____
3. _____
4. _____
5. _____

You *are* writing all this down in your Success Journal, right?

- Week 2, Day 6 -

How To Create The "You" You've Always Wanted!

Now that you have identified five goals, 12 reasons why you absolutely must reach your goals, and another 12 reasons why you absolutely must not fail to reach your goals, you know what you want and why you want it. Now it's time to start putting your awesome God-given creative powers to work -- so you can turn those dreams into reality!

It is clear by now that beliefs are the common denominator in all of the Success Factors. The Success Factors -- and *your* ultimate success -- are all about *your own beliefs*. So the only way to create sustainable weight loss is to replace your self-sabotaging beliefs with self-supportive ones, correcting the problem at its source.

To get this process going, we need to know three things.

First, we need to know how to replace beliefs. We need to understand the technology and the process involved. *Second*, we must be able to determine which beliefs need replacing. *Third*, we need to know how to cement the new, supportive beliefs in place so that they not only provide us with positive benefits, but will do so *just as automatically and unconsciously* as the old beliefs have been creating their negative consequences. So there are three separate stages in this belief-correcting process:

1. Identifying / targeting our unsupportive beliefs.
2. Creating supportive "replacement" beliefs.
3. Installing / cementing the new beliefs in place so that we can take advantage of our innate human "automaticity," to which we've already made several references.

Fortunately, we have lots of proven tools to help us do these things. As we explore the tools in this section, you will see that each of them involves one or more of the Three Levels Of Creation we just learned about. For example, affirmation uses all three levels - thinking (believing), saying (aloud) and doing (writing and behaving accordingly).

You don't have to use all of the tools, but the more of them you use, the better results you'll get, and the quicker you'll reach your goals. The next step in the healthy use of your creative powers is to understand...

The Tremendous Power Of A Clear Vision

If you have any nagging doubts about why you need to have a clear vision of what you want, Proverbs 29:18 (KJV) makes the consequences clear:

Where there is no vision, the people perish...

Visualization is an extremely powerful Bible-based tool for getting what you want in life. Yet many people have no idea what it is, what it does, or how it works. In the simplest of terms, creative visualization is Step One in turning *imagined* situations into real-life ones. You already "got your feet wet" in this realm by doing the preceding Success Exercises.

As we have seen, some of today's strongest advocates of creative visualization are actually business people. In fact, many of the world's most influential people use, encourage, and even teach creative visualization techniques. Why? Because they *work*.

Our goal in visualizing is to bring the things we imagine into our "real-life" experience. An important part of that process is...faith! How do we know? The Bible tells us so!

*Now faith is the substance of things hoped for,
the evidence of things not seen. (Hebrews 11:1)*

Keep in mind that this wisdom is two thousand years old, so it's not exactly a "cutting edge" concept. We're told that everything we can see began as something we can't see. So, if what can be seen always begins as what can't be seen, it means that things which are now physical were first non-physical—as "ideas" or concepts, or images. In other words, all things begin in the realm of imagination and then become "real."

...what is seen is made out of that which is not visible." (Romans 1:3)

For us to use this powerful technique requires that we have a "vision" -- an event, circumstance, or outcome that first exists in our mind. Once that is clear, the next step is to believe it will happen. Finally, we must infuse our vision with the power of our emotion. That's the "rocket fuel" that will power you to victory. And notice God's instruction (below) is to *write it down!*

*And the LORD answered me, and said, Write the vision, and
make it plain upon tables, that he may run that readeth it. (Habakuk 2:3)*

As we soon will see, vision *is* power -- and a huge component of the ability to make things happen. As a simple illustration, consider the process of buying a car. Most people have in mind an "image" of the car they want to own. It is a multi-sensory image; they know the color, the make, the model, and all the other visual details.

They also have firmly in their minds the smells, the feelings, and even the sounds that will be a part of their new car experience. They know how good it will feel. They know what a lift it will give their spirits. In short, they have a clear, multi-sensory vision.

Such clarity of focus provides them with the power to create the experience that they have *envisioned*. They also have involved their various senses, which adds more fuel to their creative capabilities.

Oh, I can hear you now: "Hey, this is just a car. How dare you compare it with a body or a life?" Friend, the principle is exactly the same. You aren't limited to just having the car you want. You

can have the car of your dreams AND create the life you want. And that includes the body you want. The process is precisely the same for getting all three.

But again, *clarity* is the key. And *detail* is part of clarity. The amount of detail you can build into your image -- the sights, sounds, thoughts, feelings -- will determine the creative power you can muster, and the speed with which you can make your creation manifest in your life.

...now nothing will be restrained from them, which they have imagined to do. (Genesis 11:6)

That's also a clear reference to Success Factor #2! So if your goal is to create a thinner you, then you need to create a mental image of a thinner you, and create strong and positive feelings about that image. And you need to let yourself feel *good* when you think about it, not envious of those who are already there.

Paint your vision into the most lovely, positive scenario that your heart and mind can create. But let's be more specific. If you want to create a new and positive self-image, here is a list of what you want to *eliminate*.

wishing	anxiety
hoping	fear
worrying	doubt
envying	yearning
longing	frustration
wondering "how"	any kind of negativity

On the other hand, here is a list of what you want to *embrace*:

clear mental imagery	eagerness
strong desire	a sense of accomplishment
sharp focus	gratitude
excitement	faith
positive feelings	patience
positive sensations	confidence
pride of "ownership"	all feelings born of positive thoughts

"Faith is being sure of what we hope for, and certain of what we do not see. The ancients were commended for this." (Hebrews 1:1-2)

The rules are simple, and the power is *yours*. You are the divinely empowered co-creator of your earthly experience. What you put out is what you get back. If you radiate fear, you'll make real what you fear. But if you stay in faith, you'll open the door to God's blessings *and* you'll eliminate fear and negativity in the process! You'll be doubly blessed!

And Remember: Don't Be In A Hurry!

Give yourself all the time *you* need. Take days, weeks if necessary. Even if it takes you a few

months to finalize your vision, so what? Right from the start, you'll be on the right path, and firmly headed towards your destination!

Don't worry about getting there. Just get going. Feel free to change your vision every day if you wish. Hey, it's *your* vision! Modify it until it feels right. Add to it. Reshape it. But by all means, do something with it -- every day. At least once, and preferably twice a day.

Let your mind run free and imagine all that you desire. This is no time to be shy, or to edit yourself based on your existing beliefs about what's possible. And don't worry about being "realistic." You have permission to dream without limits. You have an imagination. It is a powerful tool. Use it freely!

But be forewarned: Visualization is a two-edged sword -- and unfortunately, most of us have become very good at creating what we *don't* want.

Why? Because most of our creating is done unconsciously, and many of our unconscious beliefs and images are negative. It doesn't matter whether you are imagining situations you very much want to experience -- or ones you very much want to *avoid*. Both kinds of experiences can be, and *will* be, created when you combine clear focus with strong emotion and belief.

When you find yourself with a negative mental image, get it out of your mind fast. Replace it with something you can envision just as clearly, believe in just as deeply, and feel just as strongly about -- but with positive emotions. And keep in mind that all outcomes -- be they enjoyable or miserable -- begin with the creation of powerful and vivid imagery.

If the vision you now hold for your own body and life is not positive, you will definitely want to create a better one. You'll have the opportunity to do that soon, in the Success Exercises. Just keep in mind that (a) if what you visualize is not clear, it won't become reality, and (b) if what you visualize is not positive, then what you create won't be either. Here's a potent visualization exercise for you to warm up on:

"Heavy Load" Visualization

Imagine yourself at your ideal weight. Get a good mental picture of what that looks and feels like. Now imagine yourself at your present weight, and how that looks and feels. Now what is the difference, in pounds?

Now imagine that you have a lead ball that weighs exactly the same amount as the difference between your present weight and your target weight. Now see and feel yourself again at your target weight. Now take that lead ball weight and attach it to a chain, and then attach the chain to your right ankle. Now you have a very real ball and chain attached to your leg. How does that feel? That ball and chain is the perfect symbol of what it is really like to be dragging around all your unwanted pounds.

But there's more! Now get a notebook and write down every imaginable cost of hauling around all that extra weight -- past, present, and future. Now take one piece of paper for each cost you

can identify and write down that cost in detail. By the way, even if you can find 10 or 15 costs, you're just scratching the surface. But no matter. For now, just stop at 15 pages.

Now imagine that each page you wrote on is going to be wrapped around a brick and placed in a sturdy trunk. How heavy is that trunk with 15 bricks in it? Now (yep, you guessed it) attach a chain to the trunk, and then attach it to your left ankle. How easy would it be to get through life that way? Now you have an accurate image of the true cost of living at your present weight.

Now we're going to look at all your "unfinished business" from the past -- people you are angry at, people you haven't forgiven, people you still have any unfinished emotional business with or emotional charge of any size. Yep, write each one down on its own piece of paper and, yep, go for at least 10, and yep, wrap the bricks again. Guess where these go. In a backpack!

Now you have a ball and chain on your right leg, a steamer trunk on your left, and a brick-filled backpack you know where. Question: How does all that feel? What do you think the cumulative cost is to your health, happiness, energy, and aliveness? What would it be worth to dump that backpack, cut those chains, and get on with the life you were intended to live?

That's a pretty good example of what visualization can get you in touch with. And, if you have any doubts about the power -- your power -- of visualization, here's a quick experiment you can do. To prove to yourself that your own mental energy can influence your physical experience, simply imagine that you are about to bite into a very sour lemon.

You can see the lemon in your hand, and feel the texture of the skin. Now you slice it in half with a sharp knife. You think for a moment about touching the tart, freshly exposed inside surface with your tongue. But you hesitate, knowing your salivary glands are about to explode into action at the incredibly sour taste. Yet as you smell the sharp, sweet lemon smell, drifting up to your nose, your mouth begins to water even before you taste...

Get the idea? You're already salivating! And your mind did every bit of it. Where's the lemon? Only in your thoughts. Where's the "sour?" Only in your mind. But the physical response is very real. *Your unconscious simply can't tell experienced reality from well-imagined reality.* And this powerful fact-of-life can be harnessed to help you make the changes *you* want!

- Success Exercise #21 -

Now It's Time To Create *Your* Vision Of Success!

Write in your Success Journal at least 1/2 page on your vision of how wonderful your life will be once you and God have turned your imagined life scenario into reality!

But don't worry about getting it "perfect" on the first try. This is one Success Exercise we'll be coming back to a few more times.

- Week 2, Day 7 -

- Success Exercise #22 -

Identifying Your Powerful Motivations: Stage 2

Now it's time to look at the list you made two days ago, where you identified your strongest motivations. You identified 12 positive consequences of reaching your goals (the major benefits of success) and 12 negative consequences of failing to reach your goals (the major costs of failure).

Now your job is to put them each (all 24) into a very specific "A-B-C" format:

Using this format, you will end up with 24 complete and grammatically correct sentences, each of which is structured as follows: Part A = "what I want," Part B = the words "because" or "so that" and Part C = "why I want it." So, if one of your motivations is to be able to walk five miles without significant stress, an example of a correctly structured sentence would be:

(A) I want to have a lot more physical endurance (B) so that (C) I can easily walk five miles.

See how it works? Now put all 24 of your motivations, both positive and negative, in to the same sentence structure.

Just remember that, with the "negative" motivations, you will be expressing what you *don't* want and why you *don't* want it, but using the very same sentence structure.

Write your responses in your Success Journal.

- Success Exercise #23 -

Do Another Blessings Assessment

After you do today's Success Exercises, focus on R&R. Spend time with family, friends, and above all, God.

Even though you're very focused on what you want that you don't yet have, see how many things you *do* have that you can thank God for.

Be sure to write your responses in your Success Journal!

- Week 3, Day 1 -

Self-Care And The Beautiful Irony Of A Christ-Centered Life

One of the great unanticipated benefits of a Christ-centered life is that it's no longer "all about you." This gives you a much broader world view, while also giving you a much better perspective on your own life.

Yet in the same moment, it frees you to discover your true power to make your life as you want it to be, and as God wants it to be -- because ultimately those are one and the same.

You have come here with a purpose. But to discover your purpose -- and to tap into the power to fulfill it -- you must not be self-centered. And yet, when you realize that your most important earthly job is to optimize your own life -- to get it in alignment with God's plan -- it becomes "all about you" in a new way.

Recognizing the presence of the Holy Spirit within you acknowledges both the primacy of God and the fact that getting your own life in order is *your* Job #1. Your most important job in this world is to optimize your *own* life, so that you can be a true blessing to others.

Remember last time you flew on an airplane? Remember the flight attendant's explanation of what to do if the cabin lost pressure? If the oxygen masks drop down, you are to *put your own mask on first*. Then -- and only then -- will you be in a position to help others.

By the very same token, you can't give water from an empty well, and you can't contribute much to others' lives if your life isn't working.

Self-Care And Compassion: Fill Your Own Well *First!*

So many of our earthly problems stem from low self-esteem and a poor self-image, which are in turn the result of how the world has taught us to see ourselves. The solution is to learn to see ourselves as God sees us and to love ourselves as Jesus loves us.

You were perfectly loveable at birth, and nothing you have done (or could do) will change that. God still loves you as always, but you have fallen out of love with yourself along the way. Jesus has forgiven you, but you have not forgiven yourself. What is keeping you from following the example set for you by the Father and the Son?

My suggestion is to not worry quite so much right now about what you can do for others, but instead to turn your love and compassion and care toward yourself -- the one who most needs it. Only when you fill her well will she truly be able to give water to others. Does this make sense?

Am I Suffering From "Other-Care Imbalance Disorder"?

One of the most tragically widespread characteristics of overweight people, and especially women, is the tendency to put "other-care" ahead of self-care -- and very often to such an unhealthy degree that self-care disappears entirely.

On the surface, this may look and feel "noble," like you're "giving your all" for family, friends, church, total strangers, orphans, widows, panhandlers, stray cats and dogs, even abandoned stuffed animals. (But hey, they all need love, don't they?)

Yet this syndrome actually masks some deep and unhealthy beliefs. "Other-Care Imbalance Disorder" and the external over-focus it creates contains a hidden "payoff," which is that you now have a built-in excuse to not only justify poor self-care, but also to pig out whenever you're stressed out -- which you almost always are because nobody's taking care of you!

Sound a little too familiar? It's time to write a LOT about this one. It's time for a SERIOUS look at your life, your priorities, and your self-care habits...if any. It's also time to reflect on what you are role-modeling for others, for your kids, and especially for your daughters. Would you encourage them to neglect themselves the way you do? I didn't think so.

- Success Exercise #24 -

Am I Suffering From "Other-Care Imbalance Disorder?"

Are you suffering from "Other-Care Imbalance Disorder?" Your first assignment for today is to tell the truth about your self-care. Where are you being negligent? Are you taking care of others at the expense of yourself? Is this really wise?

Why do you do this? What is this costing you? What kind of a role-model are you being? Write extensively about this crucial topic in your Success Journal.

- Success Exercise #25 -

My Top 10 Excuses For Poor Self-Care

Your second assignment is to identify your own top 10 excuses for poor self-care. Then explain -- in detail -- how you manage to justify these 10 excuses *every day of your life*.

Write it all in your Success Journal!

- Week 3, Day 2 -

- Success Exercise #26 -

Start Your Daily "Diet & Exercise" Log

Yes, I know. *You* hate doing this stuff! But everything I set out for you to do in this program is here for just one reason: *Because it has been proven to be effective!*

So your mission today, and for the next week, is to write down a complete log of your eating activities. Starting with the first thing that goes in your mouth in the morning and ending with the last tidbit of...whatever you eat at night.

1. List on a separate line every single of item of food or drink consumed that day, along with the time of day and meal
2. Also list / describe any activity that could be considered exercise along with time of day
3. Do this *every* day, making the date and day of the week your first entry

Keep a very accurate record of every single thing you eat, all day. This is not about counting calories. This is not about being critical of your eating behaviors. (Lord knows we've all endured enough self-criticism to last a lifetime.) This is simply about identifying your eating behaviors, about coming fully out of denial about what's true right now in your life. Just tell the truth.

NOTE: Do NOT skip this exercise!!! It is absolutely central to your success, and we will be coming back to it again.

Now let's take a look at something that I hope will start to become a part of your daily routine from now on: "Your 15 Daily Actions."

Yes, I also know that just doing *one* new thing every day can seem like a challenge. Doing 15 new things sounds ridiculous. But I'm going to suggest that you DROP some of the daily activities that are now cluttering your life, and are getting you farther from your goals instead of helping you reach them.

What are some of those cluttery things in your life? Only you can know. But I guarantee that if you replace some of them with some (or all) of the 15 actions we're about to discuss, your life will take a truly *dramatic* turn toward the fulfillment of your hopes and dreams!

- Your 15 Daily Actions -

Take These 15 Daily Actions For A Few Months, Enjoy Your Results *Forever!*

First I'll list them, and then I'll explain what each one involves.

1. Make at least one self-improvement appointment *every single day*.
2. Keep a progress diary / success journal and make *daily* entries.
3. Celebrate (and record) every achievement, no matter how small it seems.
4. Do your *daily* visualizations and affirmations. Modify as needed.
5. Say your prayers (in addition to your affirmations and visualizations).
6. Mind your self-talk constantly! Correct it instantly.
7. Monitor (and control) your mood and attitude.
8. Express some gratitude *daily* [and do a thorough "blessings assessment" weekly].
9. Get some appropriate physical exercise -- *daily*, if possible.
10. Weigh yourself *every single day*.
11. Seek daily social support as needed [find weekly group support if it feels right to you].
12. Keep the faith. Remember -- everything revolves around *your belief*.
13. Go with the flow. (Resistance really is futile!)
14. Remember that will power is really no power at all.
15. Give yourself a realistic time frame and *practice patience* in the meantime.

IF you take these daily actions, I guarantee you'll see and feel improvement in short order. It may be a noticeable loss of weight (in 30 days), or a noticeable shift in your thinking (in 20 days) that will precede the weight loss, or a new feeling of confidence and optimism (in 10 days).

But unless you take *daily action*, none of those things are going to happen because the only person who can make them happen--you--just isn't interested enough.

PLEASE be very interested!! You are the key to your own success. You always were, and you always will be. Before now, you *couldn't* succeed because you didn't know what to do or how to do it. But now you do. Now you have everything you need to succeed! So your assignment is in three parts:

1. *Read* what is written under each of the following 15 headings.
2. *Write* in your Success Journal what is appropriate for you to do or say at each step.
3. *Do* it -- daily!

Once you have done these 15 Daily Actions a few times, they'll take no time at all, and will quickly become a painless part of your daily routine. But if you don't do them every day, here's what I *guarantee* will happen:

- ◆ You will lose your momentum.
- ◆ You will lose your motivation.
- ◆ You will stay exactly as you are--in body, mind, and spirit.
- ◆ You will get little or nothing in the way of results.
- ◆ You will NOT be happy.

Is that OK with you? If not, then review this checklist every day and do everything on it. Let's explore each item on the list.

Your 15-Item Daily Checklist

1. Make At Least One Self-Improvement Appointment *Every Day*. Two are even better.

Clearly, this first step is the foundation of your success. If you won't even do that, then you have no right to expect anything to be different a few months (or years) from now than it is today. Make an ironclad commitment to take *meaningful action* toward your goals every day. The Success Exercises will tell you exactly what you need to do, and this 15-item checklist will help you stay actively involved in your own improvement. Always do these three things:

1. Note all problems, and let yourself feel good because you identified them.
2. Note all progress, and let yourself feel good because of it.
3. Note all insights, and let yourself feel good about your self-discoveries.

Your daily self-improvement appointment is Key #1 to creating your new and improved self. This is not a chore! This is your daily gift to yourself, to all those you love, to all those who love you, and to everybody around you. You deserve it. They deserve it. If you don't set aside the time, you won't do what needs to be done, and nothing will change. You've suffered long enough, haven't you? Now is the time to get your life pointed in a new and happy direction!

2. Keep A Progress Diary / Success Journal and Make Daily Entries

This second item also involves three elements:

1. Envision success confidently.
2. Do your affirmations passionately.
3. Review / renew your affirmations / vision as it feels right, and as often as you like.

3. Celebrate (and Record) Every Achievement, No Matter How Small It Seems

Your ego can actually help you *win* at weight loss because it is intimately intertwined with your sense of accomplishment. As such, you need to reward this "inner achiever" for even the smallest of victories. You can think of your ego (accurately) as a small child who needs to be rewarded for every little accomplishment, however trivial it may seem to your conscious mind.

For the ego, the absence of a reward equals, "You can forget about *this* activity." The reward process works the same way for all behaviors. Any behavior that is not rewarded is going to be, in psychological parlance, "extinguished."

Paying attention to any behavior -- even ones that take you *away* from your goals -- still amounts to a reward. Strange, but true, because your attention is a reward in itself.

Did you ever notice how little children behave even worse after you reward their undesired actions with your attention? In fact, many times it's *only* their undesired behaviors we consistently reward with our attention -- which is why they continue.

That's why we are going to ignore any and all weight gains. We don't want to reward the wrong stuff with any attention at all, let alone, with our emotional attention. Just reward (pay attention to) what you want in your life. And be sure to log every win, large or small, in your Success Journal. Writing things down where you can see them helps make them real.

4. Do Your Daily Visualizations and Affirmations -- and Modify as Needed

The Success Exercises will provide you with plenty to do in both areas.

5. Say Your Prayers

Although we have talked about the power of spirituality, we haven't said much about prayer. Or so it seems. In reality, all these affirmations we're doing are simply one of the traditional kinds of prayer (as we discussed in the section titled "A Short Course In Affirmations").

But here, we're using the term "prayer" to mean something that's different from the affirmations and visualizations you do as part of your Success Exercises.

In contrast to the highly energized process of declaring your affirmations and visualizations, your "prayer time" is a quieter, calmer action. It is still an action, but it's more like a one-on-one conversation. By definition, a conversation involved listening as well as talking. So be sure you spend as much time listening as you do talking.

6. Mind Your Self-Talk Constantly! Correct It Instantly!

We return often to the subject of self-talk because it is so central to your success. Keep track of all your internal conversations and your comments to yourself throughout the day and night. Notice especially anything you say that has to do with weight -- your weight, anybody else's weight, or weight in general. Look for the "theme" and the "tone."

And be especially on the lookout for thoughts that are self-critical. The first and most immediate benefit of improving your self-talk is that you *feel* better. Instantly! It's a real-time example of your amazing power to create your own reality. But the long-term effects of positive self-talk are what we're really after. Make it your daily habit, and you'll reap a lifetime of rewards.

7. Monitor and Control Your Mood and Attitude

You simply won't believe the difference it can make in your here-and-now experience of life. (See the related free article, "Three Crucial Skills For Weight Loss Success" at <http://www.coachfranksmoot.com/articles/weight-loss-3crucialskills.htm>)

8. Express Gratitude Daily, Do a Thorough "Blessings Assessment" Weekly

Let me introduce you to a little exercise that is deceptively simple, yet amazingly powerful.

Your Daily Blessings Assessment: A Powerful "Attitude Adjustment" - My favorite

technique for keeping my head on straight is what I call a "blessings assessment." It's possibly the world's best-kept secret for creating happiness and contentment any time, any place.

I discovered it myself some years back (just after I had cured myself of a miserable year-long depression). One unhappy day, I found myself thinking about everything that was wrong with my life, and about all the things I didn't have. And that was *all* I was thinking about. Can you guess how it made me feel to have all my attention focused on what was wrong or missing from my life? Yep. It sucked. Literally. It sucked all the life and joy right out of me.

Fortunately, I had done enough self-development work to spot the problem before it really got me down. I reasoned that, if this kind of thinking is making me feel lousy, how about I try the opposite kind? How about focusing on what's right?

I did so, and the improvement was both quick and dramatic. Try it sometime. All you do is make a list of everything in your life that's right. Try to come up with at least 15 or 20 items. It's exactly the opposite of complaining. And you know what? It has exactly the opposite effect -- on both you and those you share it with.

Luckily for me, I logged this little experiment in my journal. Otherwise, I might have forgotten about how powerful it is. Now there's zero chance of me forgetting. Why? Because I use it every day of my life! And now, that simple technique is the most powerful anti-blues medication I know of. So my suggestion is, do a mini-blessings assessment *every day*.

9. Get Appropriate Physical Exercise Daily

We've already covered the subject of exercise pretty well. Just make sure you select a form of exercise that will both benefit you and reward you (in some way) on a *daily basis*. Otherwise, of course, you simply won't do it.

Also give yourself the gift of starting small. Trust me on this, OK? Do *less* than you think you should in the beginning, not more. If you do more, you'll get tired, sore, irritated, or frustrated--and you won't keep at it. If you do less, you won't get burned out, and you'll keep doing it.

10. Weigh Yourself Every Single Day. No Exceptions.

But wait, you say. Haven't I been telling you all along *not* to focus on your weight? Yes, you're absolutely right. But what I have said is not to focus on the amount you *don't* want to weigh. You must only direct your energy toward the number of pounds you *do* want to weigh. And, of course, to be able to celebrate your victories, you first must become aware of them. And to verify your weight victories, you'll simply have to hop on the scale.

Measure your weight daily. You will get the most reliable numbers by weighing yourself first thing after getting up and going to the bathroom. But don't get hung up on the daily numbers! Evaluate your general progress using weekly trends. And remember that a single 8-ounce glass of water instantly adds 1/2 pound to you. Two glasses add a pound. Between the 8 glasses of water we're supposed to drink daily and the inevitable trips to the bathroom, your weight can

fluctuate quite a bit even within a single day.

Here's the best way to use the results of your daily weigh-ins: Pick a special page in your Journal. Write your daily weight in it. Every day that your weight is lower than the day before, draw a bright red circle around it. If it's the same or higher, simply record it and ignore it.

Pay zero attention to any number you don't like. This is actually a neat trick. It serves to draw your focus to what you want, not what you don't. Focus creates reality. Just try it. It works!

11. Seek Social Support As Needed, Find Group Support If It Feels Right To You

Group support can be a powerful thing. It's part of what makes the Weight Watchers™ program effective -- at least, temporarily. Unfortunately, so many of their members seem to gain back all the pounds they lose. That's because they haven't learned how to correct the underlying, root causes of their problem, the real reason they're overweight in the first place. You will not have that problem. But again, just be sure any group you work with is focused on solutions, not problems. And make sure it's NOT primarily focused on dieting or any other physical factor.

12. Keep The Faith. Remember--Everything Revolves Around *Your Belief*.

This is not a "religious" recommendation but a spiritual one. (And I speak from a great deal of personal experience.) With faith comes peace, serenity, joy, health, and the feeling of being in the flow of life. You flow through life, and life flows through you.

With fear comes the opposite. Your natural flow is blocked. You become spiritually and emotionally constipated -- and often physically as well. Strife, stress, anxiety, depression, and illness of all kinds start showing up in your life. Your body, mind, and spirit are telling you clearly that your current choices are not healthy ones. Go back to faith -- quickly.

13. Go With The Flow. "Resistance Is Futile."

So said the Borg to the crew of the Enterprise. But everybody tells you to just "go with the flow." How do you actually do that? Here are a few tips: The "flow" is not a raging river, but a subtle urging. It is easily overwhelmed by the frenzy and struggle of the ego, which says, "But I must do..." Only when your mind, body, and spirit are relaxed can you even feel where the flow is beckoning you to go. Then, when you are calm, you can feel it...and flow with it.

Be willing to change whatever feels like it needs to change. But if that includes quitting, wimping out or giving up, don't do it! Remember that you have some powerful and deeply ingrained habits working against change. They will do everything they can to make you quit. Don't let them! "They" are not you. "They" are just your bad habits. "They" are the real enemy. If you let your enemy dictate your actions, you are defeated before you begin.

14. Remember The Myth Of Will Power

As we noted earlier, will power has proven not just useless but *counterproductive* as an agent of

change. Will power involves struggle, and struggle actually inhibits the process of breaking an old habit or learning a new one. God's way is to stop struggling and renew your mind instead!

15. Give Yourself A Realistic Time Frame and *Practice Patience* In The Meantime

Do the Diet and Fitness Industries want you to create a realistic time frame? Not on your life. Just this week I saw yet another infomercial promising "instant results." A glorified saleswoman, disguised as a fitness expert, was pushing a product called "Body Flex." This is exactly what she said: "I need to see results fast! If I can't see results within a week or two, count me out."

Later in the ad she said, "We want results, and we want 'em now!" Well, of course we do. We'd love to be slender. We also want to be rich, smart, sexy, and popular. But whether a product is good or bad, the emphasis on quick results stinks. Yet some advertisers assume we're so dumb that we won't buy anything that doesn't promise instant results--even if it can't deliver them.

Are we really that dumb? Maybe some are...but you're not. I know, because you're *here*. So give yourself the gift of a realistic time frame for reaching your weight loss goals. Otherwise you're just setting yourself up to be frustrated and disappointed, to feel like a failure, and then to become a failure. You've probably already "been there and done that." Don't go there any more.

Allow yourself whatever time it takes to lay a rock-solid foundation that will support real results that will last you a lifetime. If it takes you a bit longer, let it be so. It's not a race. Don't be in a hurry. Just get going--in the right direction. And keep going.

Practice Patience - Let me remind you again: the most self-defeating thing you can do is to be in a hurry to lose weight. To expect -- or worse yet, to demand -- fast results is to virtually guarantee failure. Sure, I know you want to be at your target weight yesterday. But please hear this loud and clear: Instant results are not healthy, not sustainable, and not realistic.

We spend 5, 10, 20 years or more putting on excess weight, and then think we should be able to get rid of it by next Saturday. Patience! A maximum healthy weight loss is one (or at most, two) pounds per week, depending on your starting weight.

Remember again the Titanic. Just like that big liner, our lives have momentum, too. We'd be nuts to expect to change a lifetime of momentum with a few minutes of steering in a new direction--no matter how hard we tried. If you will provide the time, positive focus, and energy it takes, your life will surely swing around to a new heading -- and you will sail happily into the sunset!

If that sounds like an impossible challenge to you, here's some good news. Once you get your ship pointed in the new direction, all that momentum that was working against you starts to work in your favor. Once you're on course, it only takes minor steering adjustments to keep you there. In fact, once you're headed in the right direction, it would take a great deal of effort applied in the *wrong* direction to get you off course again. Such is the power of your automatic habits.

Maybe the best part is this. Even while you're putting in the effort to get your ship headed on its new course, you get to enjoy the experience of life you're bringing into reality. The new, positive

energy you're creating to get yourself pointed in the proper direction is yours to enjoy right now - even while it's serving its larger purpose. In fact, the biggest benefit of all may be that you get to enjoy your positive energy *right now*, and in every moment you create it.

As you now know, the ultimate key to your success lies between your own ears, in the form of your own thinking. It will not be found in any external solution -- and least of all, in some fad diet. But as you awaken to each new tomorrow, remember that this is all new to you. You will need time to adjust. So be patient with yourself -- but also be persistent.

- (Ongoing) Success Exercise #27 -

Do These 15 Actions EVERY Day!

"15 things every day!" you moan. "Geez, that will take *forever!*" No, it won't. In fact, some of the items take just a few seconds. So, if you will invest some quality time every day in these proven techniques, you will WIN your battle of the bulge. It's a done deal.

Remember--you are the creator of your own experience. And it is in *your* mind that the solutions must first be created. Your Creator gave you an amazingly powerful "magic wand" with which to create your experience of the universe. But it's *your* wand. It can only create as much magic as *you* allow it to. Win, lose, or draw, it's all up to you.

So use your visualizations, your affirmations, and all your other tools every day. Modify, improve, and embellish as you see fit. Do something *every day*. Otherwise, instead of an exercise that leads you to success, it will be an exercise in futility. See your commitment to daily activity as a car--or better yet, a magic carpet--that can take you where you want to go. And, best of all, *you* have the power to supply the magic.

If you never get in your car (or on your magic carpet), it can't take you anywhere. Imagine someone who bought a new car and thought, "Wow. Now I can go wherever I want." But they never put any gas in it or took it out of the driveway.

The keys to success are now in your hands. Your "New Life Scenario" is your magic carpet, and the Success Exercises pump the gas. But all of these life-changing tools and techniques are worth zilch unless you use them. Daily!

As they say in one of my favorite Sci-Fi movies, *Galaxy Quest*, "Never give up, never surrender!" Do that, and Victory will be yours -- because *failure is the path of least persistence*.

And definitely write all of this down in your Success Journal!

- Week 3, Day 3 -

Designing "Plan A" - Your Behavioral Success Plan

Now it's time to start doing something very "tangible." You definitely want to keep exploring for your SSBs, but now you will also design a Behavioral Plan that will become the core of your focus for success once it's finished and functional.

Your Behavioral Plan is going to become the template for your success! Will you design it perfectly on your first try? Not a chance. In fact, it will never be "perfect." But over time, you will create a Behavioral Plan that is not only 100% customized for you, but one that works for you, and one that you can actually follow and get results!

NOTE – This Behavioral Plan is such a crucial part of this program that your future success literally depends on how seriously you take it. SO PLEASE TAKE IT VERY SERIOUSLY.

- Success Exercise #28 -

Starting To Design Your Personal "Plan A" - Stage 1

THE ASSIGNMENT: Here in Stage 1, you are simply laying the groundwork for your success plan. You want to become very aware of the need to align your thoughts, your words, and your actions so that you can put all of the Three Levels Of Creation to work for you.

Write at least one page describing what you would LIKE to think, what you would LIKE to say, and what you would LIKE to do. Pretend you are ALREADY at your weight goal, and describe what someone who is already there would be thinking, saying, doing, etc.

I want you to understand that the ONLY difference between you and the people who ALREADY are at their target weight can be *identified* and *corrected* through this process, so again I invite you to take it very seriously. We'll be checking back on this plan as we go, so you can't skip it!

- Week 3, Day 4 -

- Success Exercise #29 -

Creating Your "Plan A" - Stage 2 (*Thinking Focus*)

Your assignment today is to become very focused on your *thinking*. Refer to your homework from yesterday and now expand, refine, and clarify your thinking. What would a true weight loss "Success Story" be thinking. (And what would they never allow themselves to think!)

- Success Exercise #30 -

Top 10 Things I Like About Me

Now it's time for a little change of pace. In the course of this program there will be three of these "top 10 things" Success Exercises. Right now your job is simply to identify "The Top 10 Things I Like About Me."

Just make a list. Then write down why you like those 10 particular things about yourself -- in detail.

Put it in your Success Journal, and take all the time you need!

- Week 3, Day 5 -

Blasting Through The Hype: The Facts About Diet And Nutrition

It all started in the Garden of Eden -- the abuse of food. But now our continued failure to eat as God intended has put us in a whole new realm of suffering. So before we get into what "man" knows about diet and nutrition, here's what God would like us to know and do -- as opposed to what we too often do right now.

God's Own Food Guidelines

FOOD IS intended by God to be tasty.

The enemy would like it to be an addictive substance in your life.

FOOD IS intended by God to be healthy, natural, and unadulterated.

The enemy gets you to get hooked on food "Mother Nature" would barely recognize.

FOOD IS intended by God to meet your nutritional needs.

The enemy wants you to turn to food to meet your *every* need.

FOOD IS intended by God to be consumed in moderation.

The enemy wants you to consume food -- and everything else -- in wretched excess.

FOOD IS intended by God to be a source of nutrition.

The enemy wants it to be your "best friend" whenever life gets tough (which for most of us is every day).

FOOD IS intended by God to meet your nutritional needs.

The enemy wants you to turn to food to fill all the emotional holes in your life.

FOOD IS intended by God to keep you healthy so you can do what He put you here to do.

The enemy wants to use food to keep you in bondage.

Am I going a bit overboard blaming all this stuff on the enemy? Maybe so -- because he sure couldn't do it without your help. But once you understand how un-natural and un-Godly our use of food is in today's world, I think you'll agree the enemy had to have a hand in creating this mess. The Garden may not be with us anymore, but you can be sure the enemy still is!

In Many Ways, We're Doing The Enemy's Work For Him!

It's no secret that America is the most overweight and out-of-shape nation on the planet. Yet despite our well-publicized obesity epidemic, we're eating more fast food and more junk food

every day. Clearly, we have a problem in this area.

The single most important thing to understand about diet and nutrition is that, no matter how much information we have, it doesn't matter what we *know*. It only matters what we *do* with what we know. And what determines what we do? You guessed it: Our own deepest beliefs and attitudes.

What it all boils down to is this: If you have enough good information about diet and nutrition *and* enough self-supportive beliefs and attitudes, then you will almost certainly eat well, and you will reap the rewards for doing so.

But if you have enough great diet and nutrition information to fill an encyclopedia, yet you are still operating on too many SSBs, then you will not eat well regardless, and you will pay the price...in all the familiar ways.

So Now That We Know The Truth, Let's Talk About Diet / Nutrition

What I'm going to tell you about food and diet may fly in the face of what you've heard all your life. But everything I have to say is based on a combination of first-hand experience, client feedback, and good real-world research by myself and many other experts.

The single most important thing to understand about diet and nutrition is that whatever works for anybody or everybody else doesn't matter one bit. You need to end up with the diet plan that works best for *you*, and the *only* way you'll find that out is through experimentation.

After 30 or so years of study, here's what I have discovered in general terms to actually *work*, both for me and for my clients. So let's explore...

"The 17 Most Misunderstood Aspects Of Diet & Nutrition"

What To Do, What Not To Do, And Why

#1 - What Is A "Healthy" Diet?

A major problem with this whole business of diet and nutrition is summed up by the old cliché, "one man's meat is another man's poison." Needless to say, that goes for women as well.

What a healthy diet actually consists of can vary dramatically from one person to the next. For example, one of my absolute favorite foods on the planet is peanut butter. I've had it for breakfast almost every day of my life. (And it's gotten some very positive PR lately.)

But one of my best friends would probably have to be rushed to the hospital if he ate peanut butter. In fact, simply eating lettuce that had been *in contact* with some nuts once caused him a scary allergic reaction.

While we don't have time here to deal with food allergies, they clearly need to be understood and

respected. I was having lunch with my ex-wife down in Savannah, GA, one day, and she ordered crawfish gumbo. Now, since we had gotten divorced many years ago, I didn't know she had picked up a shellfish allergy. But in the middle of the meal, she mentioned to me that she had.

I asked her if she knew that crawfish was shellfish, and was just deciding to live dangerously. She went kind of pale, and then informed me that we needed to go and get some antihistamines *very soon*. I tell you this story to underscore the absolute need for each person to understand what foods do and do not work for them, and then to custom-tailor their diet accordingly.

Once again, God makes it crystal clear: *There are no generic people!*

Each of us is a totally unique individual. We were created that way, we need to see ourselves that way, and we need to treat ourselves that way. That's why you need to discover and respect **your own** unique and special qualities and characteristics, and why you need to live and eat in a way that recognizes and honors your uniqueness, as well as God's priceless gifts to you.

Land Of The Free And Home Of...The Most Chemicalized Food On The Planet

We Americans are the world's undisputed champions of eating unhealthy food, unless you include those poor souls who live in tragically poverty stricken areas and have to literally scrounge through dumps and trash heaps to find something to eat. Yet even then, what they will find probably contains fewer chemicals and toxins than what many of us are eating -- every day.

And if that doesn't make you think twice about your diet, I don't know what will.

My own basic guidelines for healthy eating fall into the category of what some would call the "cave man" diet. Basically, my philosophy is that, if it didn't exist 5000 years ago, we probably shouldn't be eating it. (I do make an exception for my favorite apple, the Red Delicious -- which didn't even exist until 1948 -- when I was three years old ☺)

Actually, if you just backed up 500 years, you'd be in pretty good shape. Back then *all* food was "organic," and the soil typically had a lot more nutrients in it than it has today. But in the last century, and even more so in the last few decades, we've been dumping fertilizers on the ground and pumping chemicals into the food to such an alarming degree that we don't even know the cumulative toxic effects of it all.

So of course, the healthiest approach is to eat organically produced vegetables and to buy meats that are free of antibiotics and growth hormones. These understandably cost more than their mass-produced counterparts, but more and more people are deciding that the higher price is worth it. Why is it worth it? Let's look at...

The Hidden Costs Of Crappy Eating

When you eat junky, unhealthy food, it's not just your body that pays the price. You can also end up feeling "yucky" in your brain -- especially, the "morning after." You wake up with what a friend of mine used to call a "bad food hangover."

What causes this very noticeable feeling of yuckiness? Chemicals in what you ate? Excessive processing? Or does it just create a major drag on your energy? Maybe all of the above. But what I do know is that it's a very real phenomenon. I used to see -- and feel -- it in my own life whenever I was foolish enough to eat a lot of junk.

I also know this. If you eat junky food as part of your normal diet, you may be *constantly* suffering from a "bad food hangover." You could be spending *all day every day* in a toxic-food-induced state of sluggishness, lethargy, and general haziness -- and not even know it!

If this sounds at all familiar, please believe me when I tell you that cleaning up your diet can change your life in ways you probably can't even imagine. I saw it happen in my life, and I've seen it happen with countless coaching clients. Don't let it happen to you.

#2 - Eating A Truly Balanced Diet

What is a balanced diet? Again, this can vary a lot from one person to another. But as a general rule, it includes eating the three basic nutrient groups of proteins, fats, and carbohydrates in "proper" proportions.

There is some argument even among experts about what percentage of fats, carbs, and proteins makes the healthiest diet. But whatever the ideal proportions are, it's a safe bet that most of us Americans are *way* overboard on the carbs. (More about that in a minute)

The healthiest meals are generally the best-balanced ones, with something from each of the basic nutrient groups. So if you eat a meal with very little protein and no complex carbohydrates -- such as a vegetable salad -- you're not really getting complete nutrition, and you'll probably be hungry again pretty soon.

Of course, if weight loss is your goal, that may not be a bad thing. But the healthiest approach is to include a protein source at every meal, such as lean meat, cottage cheese, egg whites, protein powder, or soy products. This will help you keep your metabolism functioning at an effective level, provide you with sustained energy, and also keep you feeling fuller longer.

You will also want to pay extra special attention to an important topic we'll be covering in a few minutes: the relationship between blood type, diet, health, and longevity. I think you'll find it eye-opening, and maybe even life saving!

#3 - Carb Care

Most of the carbohydrates we eat in America today are "man-made" and very highly processed, which means that nature would scarcely recognize them. Eating these "unnatural" carbs can cause a surge in our insulin levels that makes it very difficult to lose weight.

Whenever possible, try to eat carbs that are produced by nature, and meddled with by man as little as possible. Sugar also adds calories without offering any real nutritional value. What,

exactly, *is* sugar? It comes in so many forms these days that it's almost impossible to find foods that don't contain it. (Thank the "Fanny Farmer Cookbooks," which date back a century or so.)

Two foods I consume frequently are salad dressings and spaghetti sauce. Did you know that 90+ percent of the products available in both categories contain sugar in significant quantities?

I strongly encourage you to become a careful reader of ingredients lists. You know -- the tiny ultra-fine print that food "manufacturers" are required to put somewhere on each "food" product. Although they won't tell you how much sugar is in a product, ingredients are always listed with the first one being the most plentiful.

(Want a good scare? Don't wait until Halloween. Next time you're in a convenience store, grab a package of commercial cupcakes and read the ingredients. I'll bet you five bucks you can't pronounce it all correctly. HINT - If you can't spell it, don't eat it.)

And, of course, you should be aware of the huge range of substances that fall into the category of "sugar." That includes not just what *says* "sugar," but also cornstarch, sucrose, maltose, lactose, fructose, and especially high-fructose corn syrup -- which has become very popular with food processors for the simple reason that it's much cheaper than sugar.

#4 - What About Fats?

There are those who say that the only really fattening thing you can eat is...fat. Is that true? Probably not. But just as there are way too many carbs in the typical American diet, there is also way too much fat. Is fat necessarily bad? No. There are definitely "good" fats and "bad" fats. Is it important to know which is which and to eat accordingly? It sure is!

But that's really too important a discussion to try to condense into a few paragraphs. So I am going to suggest you do your own research (online, of course) by simply entering the keywords, "dietary fat," "weight," "obesity," "health," and any others you can think of.

You might just find some surprises there!

#5 - You Are What You Eat? No, You Are What You *Assimilate!*

We've heard it all our lives: "You are what you eat." But is it true? Not really!

It is true that healthy eating requires a quality diet of the right foods, in the right quantities, in the right proportions, in the right combinations, with the proper nutrient balance, and at the right times. But even if you are eating a diet that's "technically" healthy, you can still be suffering nutritional deficiencies if you don't *assimilate* what you eat.

Digestion begins in the mouth and stomach, but assimilation takes place in the colon. If your colon is not functioning properly (and there are a *lot* of possible reasons why it might not be), then you may be assimilating only a fraction of what you are eating and digesting. How in the world do we fix that nasty little problem? What's the cure? I'm so glad you asked. Because I have

some extremely important information for you in the very next section.

#6 - The Incredible Importance Of A Clean And Fully-Functioning Colon

I think that this is such a critically important topic that I am going to send you straight to an article I wrote on this very subject, many years ago. It's just as true as it was the day I wrote it, and -- unfortunately -- even more urgently needed.

So go read it -- please! And I suggest you bookmark the page so you can go back to it as needed. You'll find it at <http://www.weightlossgodsway.com/articles/coloncleanse.htm>

#7 - Exercise, Digestion, And Assimilation

I won't get too deeply in to exercise here, as the entire next section is devoted to it. But I do want to point out the relationship between exercise, digestion, and assimilation.

Among the many health benefits of appropriate exercise are increased respiration and blood flow. Moderate exercise (walking) actually enhances digestion, though strenuous exercise should be avoided for at least an hour after eating.

Increased physical activity creates improved circulation to all parts of the body. This produces many benefits, including enhancing nutrient assimilation and distribution throughout the body, as well as providing a general boost in metabolic function across the board. Just remember to take it easy on a full stomach.

#8 - The Importance Of Proper Food Combining

This is a subject that most people seem to be completely in the dark about. And to be honest, I was in the dark myself for decades. I paid a heavy price because of it, in poor digestion, heartburn, sluggishness, poor nutrition assimilation, and just generally feeling bad. But once I learned the fundamentals of healthy food combining, it was like having a new lease on life.

You see, different foods like to be digested at different rates. An apple, for example, will want to move through your digestive tract very quickly if there's nothing else in there. There are enzymes in apples that enhance digestion. In fact, three foods -- apples, pineapples, and papayas -- all contain more digestive enzymes than are required for their own digestion. So if you eat them with other foods, overall digestion will actually be enhanced.

On the other hand, a steak or burger wants to move through your digestive tract very slowly, because it takes a lot of time and effort for your body to break down all that protein and fat.

Some of the worst food combining is to eat a heavy protein such as a steak along with a sugary carbohydrate, because the two have such different rates of digestion. The heavy protein takes much longer to digest, but the carbohydrate is still sitting there in your stomach with it, already digested and beginning to turn into sugar.

Under ideal circumstances, these food sugars would be released in the colon, where they would then become cell nutrients. But when they are trapped in your stomach along with the heavy protein, they start to ferment and cause gas, excess stomach acid, sour stomach, and indigestion.

The only thing you could do to make it all even *less* healthy would be to dump some additional sugary food on top of it such as...a typical desert. Unfortunately, what I have just described is a typical evening meal in America, and virtually the norm in a good restaurant

And once you've done that, the only thing that could make it even *worse* would be to slosh some acidic liquid on top of the whole mess. Something like, say, coffee. Now you have created the perfect environment for serious indigestion -- and all the aches, pains, and bloating that goes with it. Yep, I used to do it, too. That's how I know!

#9 - Optimum Food Consumption

What do you think the #1 user of your body's energy is? Right, digestion. What happens if you eat too much? Then you have to digest too much. You don't have as much energy as you otherwise would. (Thanksgiving Dinner syndrome.)

Without a doubt, this is our Number One dietary problem in America. We have a huge amount of food available, and we can generally afford to buy it. And despite what we say about being overworked and not having any time, it seems we can always find time to feed our faces.

But what happens if you eat too little? Right. Then there's not enough nutrition to sustain you. And again, you don't have as much energy as you otherwise would. That's why fasting, self-starvation, and toughing it out with will power are such ineffective weight loss tools. The key is optimum eating, both in quantity and quality.

Portion Size

For us North Americans, learning what a healthy portion actually looks like may require some real re-education. The difference in fast food restaurant portion sizes now vs. 30 years ago is absolutely astonishing. Everything has gotten super sized -- including the clientele!

We are so overweight, not just because we eat too much, but because we eat so many things that are unhealthy and fattening, and because we are so inactive. Our forebears could eat a lot more without gaining unwanted pounds because they were so much more active. As a result, they were also typically in better physical condition than we are. So they were all-around better fat burners.

If we want to lose our excess pounds, we have a choice to make: eat less, exercise more, or (ideally) some combination of two. You will almost certainly be healthier and fitter if you both lower your caloric intake and raise your level of physical activity.

But we also need to understand that *weight loss* and *fat loss* can be *two very different things*. You can actually be losing weight but gaining fat if your diet is bad enough and you get very little exercise. Conversely, you can be losing weight and gaining lean muscle mass with a healthy

combination of diet and exercise.

That's why it's so important to be aware of the difference between weight loss and fat loss, and why you need to be measuring your progress by more than just the numbers on the scale. My own scale sometimes seems to be all over the place, especially after I eat salty foods. So make sure you're looking at the weekly trend, and don't get hung up on the daily numbers.

As a general rule, what you weigh is the result of calories in vs. calories burned. But some foods do get stored as fat more easily than others. There are also metabolic variations from one person to the next, and even within the same person from day to day, or even from hour to hour.

The bottom line is, calories do count. So if weight loss is your goal, that's something you had better know how to do: count calories. But it also matters what kind of calories you're consuming, as some calories are a lot healthier than others.

To be truly healthy, you need to be consuming healthy foods. So your best approach is to create a brand-new diet plan for yourself from scratch. Then you can adjust your caloric intake and exercise levels according to the results you're getting as you go.

#10 - Eating Too Many / Too Few Meals A Day

There is disagreement about this subject, even among professionals. For example, many experts say that your healthiest approach is to eat small, frequent meals (5-6 per day), about 2½-3 hours apart, with the heavier meals being consumed earlier in the day and the last meal being consumed several hours before bedtime.

While I agree that smaller meals are healthier than bigger ones, that larger meals should be eaten earlier in the day, and that food consumption should totally stop several hours before bedtime, I don't categorically agree that five meals a day is a better idea than three.

Here's why. As anyone who's trying to lose weight will tell you, the biggest challenge is to *stop* eating once you start. Obviously, having this problem only three times a day will present you with a lot less of a challenge than having it five times a day.

But having said that, eating more meals that are smaller in size can promote more efficient digestion. It also gets you accustomed to not having as much volume in your stomach, so you begin to feel full with less consumption. And that's a *good* thing!

In the end, it's a bit of a trade-off. If you have the discipline to eat 5 smaller meals, that's the way to go. But if you have a big problem stopping eating once you start, you might do better with the 3-meal approach. Ultimately, you should experiment to find out what works best for *you*.

The people I know who are the most successful at weight loss eat 3 times a day. On the other hand, virtually everybody I know of who is a proponent of eating 5 meals a day is a bodybuilder, personal trainer, etc. They burn a ton of calories daily and expect everybody else to do the same. They don't think, act, or live like us "normal" folks.

But I do. I'm not focused on 9% body fat or rippling abs. I'm focused on real success for real people in the real world -- because that's who my clients are! So if you're a bodybuilder, marathon runner, or pro athlete, I'd say yes, eat five times a day. But otherwise...

NOTE - The above was originally written late in 2005. Early in 2006 a USDA study concluded, after a complete and comprehensive review of the research, that eating three meals a day is optimum for weight loss. I rest my case.

#11 - Knowing When To Eat -- And When To Stop Eating

Your stomach makes a very poor guide for when you should eat, especially if you have a history of not eating very healthfully. When should you stop eating at each meal? Before you're full, that's for sure -- especially if you have a tendency toward overeating.

My personal philosophy is that a person who's eating correctly will hear their stomach grumble at least *once a day*, and more often than that if they are in "weight loss mode." A growling stomach is not a danger sign! Instead, it's a clear sign that your digestive system has finished processing the last thing you gave it, and will be ready for the next thing whenever *you* are.

I also have found that a simple way to determine how much to eat and when to eat is by the sun's position in the sky. The higher it is, the more of your daily caloric intake you can eat at the current meal. This means that lunch should be the big meal of the day. In fact, this is exactly the case in many Latin countries.

Does it work? I spent two weeks in Cali, Colombia last year on vacation. I am absolutely sure that I ate more than I eat at home, and I got almost no exercise. Yet I lost five pounds. How is this possible? Because I was eating my big meal in the middle of the day, and my evening meal was really little more than a snack.

Of course, I should also mention that all the foods I ate in Cali were whole foods, minimally processed and with no preservatives or chemicals added. That's also the norm in most Latin countries -- for now, at least. I was thinking about publishing a book called "The Cali Diet," partially because the food is so much healthier than what we eat here. But then, who needs yet another diet book?

Personally, I try to stop eating for the day immediately after dinner. In fact, whenever I decide that I would like to lose a few pounds, all I need to do is eliminate **any** eating after dinner. If I make no other changes, I will start to lose at least half a pound a day. Is it possible that the same thing could happen for you? Give it a try and see!

The bottom line here is this: NEVER eat just because it's "time" to eat. ONLY eat if and when you are genuinely, legitimately hungry. And stop eating when your stomach is full -- not when your face is full!

#12 - What To Drink And When

Still another area where many of us never got a good education is on the subject of what to drink, and when. Most of us know by now that we should be drinking lots of water every day. We also know that it should be something healthier than typical tap water. And for God's sake (and your own), get rid of ALL soft drinks, and especially the "diet" ones. Pure garbage!!!

By now, most of us know we should be drinking roughly one ounce of water a day for every two pounds of body weight. What we apparently don't know is when we should be drinking it.

Again, this is something I had to learn in adulthood, and I only learned it because my own digestion was so bad for so many years. For decades, I suffered from heartburn, due to the two primary reasons of bad food combining and not knowing when or what to drink.

But about 20 years ago I decided to get serious about this whole subject of nutrition and food combining, so I set out to learn everything I could. One of the most important things I learned -- and something that was totally contrary to what I had learned growing up -- was to not drink when I eat. Yes, you heard that right. Do not drink with your meals. Or at the very least, limit yourself to a very little bit of water with your meal.

Why? For the simple reason that anything you drink dilutes your digestive juices. When I first heard this, it sounded ridiculous. I was accustomed to "washing down" my mouthfuls of food with some kind of liquid. It took a major leap of faith for me to eat without drinking. It meant chewing more slowly and carefully, and "ensalivating" my food thoroughly.

But I can't begin to tell you what a huge difference it has made in my digestion, in nutrient assimilation, in the complete elimination of heartburn, and in my overall health.

When *do* I drink? Before meals and between meals. Ideally, at least two hours after meal or more than 30 minutes before. How do I know? Simply from decades of experimenting with the closest guinea pig at hand: me.

A wise person once told me "Drinking before a meal is gold. Drinking after a meal is lead."

If I were you, I'd strongly consider doing what I started doing 10 years ago -- drink nothing but water (with lemon is OK). It's a truly healthy way to go, and you will definitely get used to it.

#13 - Processed vs. Natural

I have made my own processed foods position clear throughout this program, and especially in this section. But I need to cover one more very important topic before we move on:

Lose "The Whites"

A brief list of the foods that I do my best to avoid include what I call "the whites" -- white sugar, white bread, white rice, and milk. The first three of those four begin life as products with a fair amount of inherent nutrition -- and then essentially have the life processed out of them.

The fourth one, milk, serves no useful purpose in the human body, and produces many negative side effects -- including allergies, sinus problems, and generally congested bodies. It's also been discovered to be a lousy source of calcium -- its one consistent claim to fame. In fact, some studies showed that milk actually removes more calcium from your body than it contributes.

I once read that cow's milk is designed to take a calf to 500 pounds in one year. Does that sound like something you really need in **your** diet? This sure isn't what the American Dairy Association tells you. But I am on a very different mission. All I can say is, consider the source.

#14 - Natural vs. Healthy

Just because a substance is natural doesn't mean it's healthy. Many plant and animal substances are toxic to humans, and some are lethal. That goes double for anything man has created in the lab, including a great many "pharmaceuticals." Remember, those poison-tipped darts used by Amazon native tribesmen to kill monkeys are 100% "natural." Enough said?

To tell you the truth, this should probably be the very matter we talk about. Now, I know this is a topic lots of people would just as soon avoid. But if I failed to mention it, I would be doing you a serious disservice.

The single biggest change I ever made in my own health was in getting my colon clean and healthy. This one change in my life eliminated so many other problems that I won't even list them here. What I will tell you is that, if you are interested in achieving maximum health, enjoying maximum energy, living to a ripe old age, getting rid of your allergies, getting the most nutrition from the food you eat, and eliminating a whole host of health problems while preventing others from ever happening (even including cancer)...then get your colon clean!

#15 - Vitamins And Supplements

I am again going to fly in the face of both conventional wisdom *and* every vitamin or supplement ad you've ever seen. I am not a big fan of vitamins, supplements, minerals, even the so-called "nutraceuticals."

Why? Well, I've read some articles over the years that strongly suggested that vitamins, etc. were not only not helpful, but could even be harmful. But in order to check these claims out under real-world conditions, I have spent much of the past 10 years conducting my own personal "on-again, off-again" experiment.

Every day for several months, I will take an assortment of multivitamins, individual vitamins, minerals, oils, herbs, all of which promise some clear and specific benefits. Then I will go for several months taking not a single thing over and above the food I eat.

The result? I'm darned if I can see the least bit of difference. If you offered me a million bucks to clearly identify even one real, noticeable benefit of all those supplements, I'd still be unable to do so. In fact, the only clearly identifiable consequence of taking those alleged nutrients was that I

often felt a bit queasy or out of sorts for a few hours after I took them. Am I the only one?

Taking Advantage Of Natural Antioxidants

Maybe the "problem" is that I'm just too healthy to benefit from such things as vitamins, etc. But if that's true, then I must be getting these essential nutrients somewhere else. But where?

Have you ever asked yourself "why" an apple a day keeps the doctor away? Well, it's great fiber, to be sure. But what other benefits do apples bring to the table? I heard not long ago that one of the most potent sources of dietary antioxidants is apples, and specifically, the Red Delicious -- which is my favorite. I average three a day!

I won't go into the benefits of antioxidants, except to say that they help eliminate "free radicals," which are proven to cause damage to your body's cells. But maybe the most remarkable piece of information I've come across lately on this topic was in a recent issue of *Rodale's Prevention Magazine*, where they noted that the #1 source of natural antioxidants in the American diet is... coffee! And they're not talking about decaf. They're talking about the real thing, which is how I start my day every day! Who'd have ever thought coffee was good for you?

#16 - Eating Inappropriately For Your Blood Type

The Possible Link Between Blood Type, Diet, Health, And Life Span

Now I'm going to tell you something that, if you really get it, could literally change your life. Check this out.

A while back I stumbled across a book written by two Florida doctors who studied the relationship between blood type and life span. What they found was nothing short of astonishing. In a study that spanned several decades, they discovered that people with Type O blood were living -- are you ready for this? -- an average of **25 years** longer than people with Type A blood.

I'm not talking about 25 weeks, or 25 months. I'm talking about **25 years**.

Why do people with Type O blood live so much longer? It turns out that there are two main reasons. First, they have stronger stomach acid, which enables them to digest the large amounts of fat in the (typically horrible) American diet. Second, they have thinner blood, which significantly reduces the likelihood of clogged arteries and other vascular problems.

Fortunately for people with Type A blood, the research also revealed that this 25 year gap could be virtually eliminated if they would get the junk out of their diets and switch from a diet that was high in animal fats to one that was much more vegetarian. This book was fascinating, and it covered a lot more than what I have just told you.

Unfortunately, I gave the book away and forgot its title. But if you ever find it, it's well worth reading.

#17 - Understanding The Real Message Of A Grumbling Stomach

If your stomach isn't grumbling at least once a day, you are probably not in "weight loss mode."

Now to make sure we have the whole story, let's look at...

Bible References For Food, Body, Eat, Health

Man did eat angels' food: he sent them meat to the full. (Psalm 78:25)

Provideth her meat in the summer, and gathereth her food in the harvest. (Proverbs 6:8)

And thou shalt have goats' milk enough for thy food, for the food of thy household, and for the maintenance for thy maidens. (Proverbs 27:27)

*Every moving thing that liveth shall be meat for you; even as the green herb have I given **you all** things. (Genesis 9:3)*

And he took butter, and milk, and the calf which he had dressed, and set it before them; and he stood by them under the tree, and they did eat. (Genesis 18:8)

And there was set meat before him to eat: but he said, I will not eat, until I have told mine errand. (Genesis 24:33)

And Isaac loved Esau, because he did eat of his venison: (Genesis 25:28)

Bring me venison, and make me savoury meat, that I may eat, and bless thee before the LORD before my death. (Genesis 27:7)

...and he did eat: and he brought him wine, and he drank (Genesis 27:25)

And the LORD spake unto Moses, saying, I have heard the murmurings of the children of Israel: speak unto them, saying, At even ye shall eat flesh, and in the morning ye shall be filled with bread; and ye shall know that I am the LORD your God. (Exodus 16:11-12)

...my bones have no soundness because of my sin. (Psalm 38:3)

Do not be wise in your own eyes; fear the LORD and shun evil. This will bring health to your body and nourishment to your bones. (Proverbs 3:7-8)

The path of the righteous is like the first gleam of dawn, shining ever brighter till the full light of day. But the way of the wicked is like deep darkness; they do not know what makes them stumble. My son, pay attention to what I say; listen closely to my words. Do not let them out of your sight, keep them within your heart; for they are life to those who find them and health to a man's whole body. Above all else, guard your heart, for it is the wellspring of life. Put away perversity from your mouth; keep corrupt talk far from your lips. (Proverbs 4:18-24)

A cheerful look brings joy to the heart, and good news gives health to the bones. (Proverbs 15:30)

Let me sum all this up by giving you the simplest, most effective weight-loss plan there is. Just start shrinking your portions, eat smart and healthy stuff, don't eat late in the day, and drink enough water at the right times. You'll be absolutely amazed at the results!

- Success Exercise #31 -

Daily Diet & Exercise Log - Stage 2

In addition to logging in your daily "diet & exercise" activity, also add the calorie count for *every* item of food or drink you consume, and write the daily calorie intake *total* as well.

Write it all in your Success Journal.

-Success Exercise #32-

Create Your "Plan A" - Stage 3: Developing Your Healthy Eating Plan

Now your assignment is to *design* a week's worth of healthy eating for yourself, taking into mind the quality and nature of your food, the fat / protein / carb ratios, the kind of fat, the calorie count per item of food and drink, and the daily calorie intake totals.

What would a person who was already at their goals be eating? What would they have eliminated from their diet?

How can you make it all tasty and interesting without making it fattening and/or unhealthy? These are great questions for you to ask -- and answer!

Make sure to write it all in your Success Journal!

- Week 3, Day 6 -

The Truth About Exercise & Physical Activity

I want to make it crystal clear from the outset what my position is on exercise. It is a very important aspect of healthy living, but it is NOT a major ingredient in *weight loss* success.

Let me say that again. For me and for most people I know, even though exercise is a very important ingredient in healthy living, it is NOT a major ingredient in weight loss success.

Some of my clients have a tendency to try to rely on a fairly rigorous exercise plan to "compensate" for the fact that they are still eating too much. But the moment they can't maintain their exercise regimen (usually due to an injury from pushing themselves too hard), they start to panic. They know that now they're going to reap the consequences of their dietary indulgence -- and the numbers on the scale are going to start heading back in the wrong direction.

I can tell you that it's much wiser (and much easier) to lose your unwanted pounds by eating less than by exercising more. How far do you have to walk, run, jog, or hike to burn off the calories from a single cookie?

If you don't know, there are lots of charts that will tell you, based on your current body weight. But if you simply skipped the cookie, you'd not only be able to eliminate 1/2 hour or so of exercise, but also save your body from having to deal with that nasty "food"!

In this section are many reasons why physical activity and exercise are such an essential part of healthy living. But before we get into all that, let's ask and answer a very important question:

What Does God Say?

What does God have to say about exercise and physical activity? Most biblical information is indirect, more focused on the outcome than how to get there. We see references to things like avoiding laziness and "sloth," and reminders that your body is the temple of the Holy Spirit.

But even without God telling you directly and personally to go out and get some exercise, it's clear enough that He expects *us* to take responsibility for the condition of our physical bodies -- just as with our minds and spirits.

And this brings us face to face with Success Factor Four: Personal Responsibility. I can't begin to tell you how many times I've heard people say things like "But my whole family is fat!" or "But my metabolism slowed down!" or some other equally convenient but terribly self-sabotaging "confession." So if that sounds like you, please hear this:

If your metabolism has slowed down, it's only because you slowed down first!

And please, don't use the "But my whole family is fat!" excuse. If that's true, then they all need to get off their butts, get some respect for their bodies, and get up from the table a little earlier. As I am so fond of asking, how can you possibly do the magnificent works God put you here to do...if you can't even get up from the sofa without groaning?

Am I being harsh? Nope. I'm being very direct with you about something of life-and-death importance. I really want this program to be a serious wake-up call for you. Nothing would make me happier than for you to reach all of your health and fitness goals so you can finally have the body you deserve and live your life as God intended.

We've talked about God's "blueprint" for your body. Tell me, when you look in the mirror, do you think you are seeing what God intended you to see -- what He would like to see? Now let's get into some specific suggestions for what you can do to help God get your body into the shape He intended it to be.

I would like to extend my thanks to Chad Tackett, owner of Fast Track To Fat Loss, for his many contributions to this section. (To learn more about his great web site and the many success tools you'll find there for diet and exercise, please visit <http://www.fasttracktofatloss.com>) For the record, I turned to Chad when I was frustrated with my own exercise regimen. Here's his response -- a perfect example of the personalized attention he and his staff provide:

Frank, I strongly recommend trying our customized programs - as, it's so very important that you train the "right" muscle groups together, do the exercises in the right order, do the "right" number of sets and repetitions, continually change your program around so that you prevent boredom and overcome plateaus, etc. By using our programs, this is already done for you! 15, 25, etc reps are way too many - you need to instead do 8-12 reps with a challenging weight.

Cardio exercise is the only method of exercise that directly "burns" bodyfat. Weightlifting does indirectly help you decrease bodyfat (tone) by improving your metabolism, but there is a common misconception that doing tricep exercises, for example, will help you lose the flab under your arms--it will strengthen your arms, but the fat will still be there if you don't do enough cardio exercise.

Even though you're already doing cardio exercise 2-3 times a week, the best advice I can give for toning is to increase the number of days you do cardio exercise and the minutes per session. Even if you only increased this by one or two days a week and by 5 to 10 minutes per session, it will make a big difference in the results you achieve.

All the cardio principles and guidelines are explained in detail in our "on-line how-to manual". This will explain everything you need to know to get the results you want, and will ensure that you'll continue to achieve outstanding results! Let me know if you want help with our very effective programs (customizing them to the equipment you have available), and/or if there's anything I can do to help.

- Chad Tackett

Exercise And Physical Activity: Simplified

Just as with eating right, getting the right amount (and kind) of exercise is all about discovering *what works for you*. It really doesn't matter what anybody else is doing. It doesn't matter how many of your friends enjoy jogging, mountain hiking, mountain biking, skiing, tennis, working out at the gym, or doing spinning back kicks down the local karate studio.

This truly is all about you. And if you will approach the entire subject of exercise with that thought firmly in mind, you will avoid a whole lot of aggravation and stress, and you'll get actual results -- instead of getting bogged down in avoidance and procrastination.

For my part, I'm going to give you the most practical, down-to-earth guidelines I can. And I'm going to start with the four most important things I've learned about exercise and physical activity. Here's the most important fundamental:

Keep It Simple!

Where have you heard this before? Probably everywhere, especially if you're in sales. Well guess what. For whole lot of people, getting yourself to exercise requires doing a bit of a sales job on your own mind.

That's because, as with everything else in life, we tend to avoid what's complicated. If you have a history of avoiding exercise, I'm willing to bet that you have some negative associations with it. It's too hard, it's too time-consuming, it requires too much planning, you're always sore afterwards, it involves too much travel, or -- the biggie -- you just plain don't like exercising.

A core component of a fit and healthy life, and a happy one as well, is an appropriate exercise program. But with all the conflicting claims and misinformation we see on TV, how can we be sure what we need to do? We'll start by answering this question:

What Does "Effective" Exercise Actually Consist Of?

Effective exercise consists of two major components -- cardiovascular exercise and strength training. In order to enjoy optimum health and achieve maximum results, your fitness program needs to involve both kinds of exercise.

The goal is to get your body to *burn* fat rather than store it, and you do that by making sure that both cardiovascular exercise and strength training are part of your personal program. But just as with diet, the key to success with exercise lies in discovering what works for you, personally, and then finding a way to *incorporate your program into your daily life*.

My own personal exercise program is incredibly simple, yet allows me to reach my personal goals with zero stress or struggle. (I'll tell you exactly what I do in the next section.) But one thing I can tell you right now is that you absolutely will have to...

Make It Enjoyable, Or It Won't Get Done

Doesn't this just make sense? How much time do you *already* spend doing things you don't enjoy? Quite a bit, I'll bet. That's just how life is for about 95 percent of the population. So the last thing you need on your plate, so to speak, is one more thing you "should" be doing that's *not* enjoyable.

But imagine if you had an exercise program that you actually enjoyed! And what if you enjoyed it so much that you actually looked forward to doing it? Would that dramatically improve the chances that you actually *do* it? Of course it would. And since actually doing it is the only thing that matters, then it would be an excellent investment of your time to figure out what kinds of exercise you enjoy.

Some General Guidelines For Strength Training

To avoid injury, always take a few minutes to warm up before you start and a few more minutes to cool down after you finish. When you're working with weights, you want to keep your movements slow and deliberate, and avoid relying on momentum. You want to isolate the specific muscle group you're working with and not involve any other groups if possible.

Any strength-training program should involve at least one exercise for each major muscle group so you develop strength in a balanced way. Start with a number of repetitions that is slightly challenging but does not cause you pain or distress. Then increase the number of repetitions per set as you go, always keeping yourself just a little bit ahead of your comfort zone. Continue to the point of muscle fatigue with each set of repetitions

Don't hurry or shortcut the process, but always perform each exercise through a full range of motion. Unless you're a hard-core body builder, the emphasis should be on fitness, strength, and a nice visual appearance -- not on pushing yourself to the point of pain and misery.

Remember, if it isn't enjoyable and rewarding on a *daily basis*, it will soon become an experience you'll want to avoid. But even so, you should feel a certain amount of burning and muscle fatigue at the end of your program. But you should not be so sore the next day that you can't comfortably move those muscles.

It's fine to rotate muscle groups that you're exercising, and then come back to the first group and go through the entire cycle again. This is actually what I do, and I find it gives each muscle group time to recover much better than if I simply pushed each group to its absolute limit before moving onto the next.

Not many of us can come up with an optimal workout program on our own, and that includes me. I found that getting some outside expert help really improved what I was doing and showed me how to involve muscle groups that I had been neglecting.

**Major Success Key: *Build Your Exercise Program Into Your Life!*
Don't Make It A "Separate" Thing**

This one is not so obvious. I hate to say that it took me a few decades to figure it out, but that's the case. See, I used to have a much more active lifestyle because I spent quite a few years in the construction industry. I had my own company, but I worked just as hard as any of my employees.

And believe me, construction work is a great way to stay in shape and keep the unwanted pounds away. But for many years now, I have had a "desk job." I spend most of my day either sitting in front of my computer or talking on the phone with my coaching clients. It's hard to burn calories that way. So I had to devise a way to keep myself in shape. (More about that in the next section.)

What I ultimately had to do was to incorporate my exercise program into my life, rather than making it something I did in my "spare time." How did I figure that out? Because I noticed I was working a lot, and when my "spare" time rolled around I felt a whole lot more like doing *nothing* than exercising. Maybe you can relate?

So I needed to figure out how I could get a reasonable amount of exercise without having to leave the house, or at least not go very far. Then I had to make sure that these activities were actually built into the day, just like getting up, eating, showering, or any other part of my daily routine. Truth is, no other approach would have worked.

Now let's talk about Cardiovascular Exercise, the other important component of fitness.

Cardiovascular Exercise

Whereas working with weights contributes to fitness and fat burning by improving your metabolism -- your body's ability to burn fat -- cardiovascular exercise actually burns the fat *as you do it*.

It is the nature of the human body to try to store fat. This is something we are simply programmed (there's that word again) to do by millennia of existence through times of both feast and famine. So you need to be aware that, left to its own devices, your body would rather store fat than burn it. I tell you this because you might as well know up front what you're up against.

But having said that, it's *your* mind (and not your body) that's ultimately in charge. So if you would rather burn fat than store it, that option is certainly within your power. And the most effective way to burn fat is through cardiovascular exercise.

Ideally, you will want to engage in cardiovascular exercise three times a week, or more if possible, and you should aim for at least 30 minutes per session. The idea is to get both your heart rate and your respiration up to levels that are double or triple your resting levels.

But again, I really want to emphasize that whatever you do needs to be custom-tailored to *your own* personal situation, and especially to your current level of health and fitness. This is not the time to get macho, but to go to the opposite extreme by fully engaging your brain before you involve your body.

Remember that *everything* we discuss in this book -- health, fitness, and happiness -- all begins between your ears -- where all your "decisions" (both conscious and unconscious) are made.

We're talking about making changes that will positively affect the *rest of your life*. So think *long-term*. I'm not saying you need to consult your family doctor before you start a fitness program, though that is certainly not a bad idea if your health is at all questionable or shaky.

What I am saying is that you absolutely need to think the process through and determine what your specific goals are before you can develop a realistic plan to reach them. It works best for most people to do more than one kind of cardiovascular exercise. Some people limit themselves to jogging, others to biking, and still others to hiking.

But what's healthier than any single form of exercise is a broad mix that includes several different kinds of cardio exercise. This will serve both to prevent boredom and to promote a broader more balanced development of your body. Which brings us to...

Interval Training - You should do a mix of fairly high-intensity exercise and fairly low-intensity exercise, especially if you're just getting started. This is known as "interval training." Your intervals will ideally last from 2 to 10 minutes.

A typical example of interval training is the classic walk-run-walk exercise routine. You might walk for 10 minutes just to loosen up and warm up, then run for 10 minutes, or even five, if that's where you are in your development process, and then walk for another 10 minutes. You could, of course, double these numbers if you're in better shape.

You can do this same kind of interval training in any form of cardio exercise, whether it's hiking, biking, jogging, or kick-boxing. Just make sure you strike the happy balance between doing enough to be beneficial and not doing so much that you don't want to do it again.

You will find that the more activity you build into your day, the more energized you will feel, the more active your metabolism will be, and more easily you will reach your fat loss and fitness goals. Oh yeah, you will also feel a lot better mentally and emotionally, because there's nothing that drags your spirit down more than sitting on your butt all day long.

Now let's talk about something called **Composite Training**

The most interesting approach, and the one least likely to lead to boredom, is called "composite training." This is where you rotate from one kind of cardio activity to another one. You do a little warm up, maybe some jogging, a little biking, a few minutes more of jogging, walk for a bit, and then call it a day.

Or if it's not an option to do outdoor activities, you can go to the health club and alternate between the various cardio options available there, such as the treadmill and the stair-stepper. Just remember that your twin goals are to create an exercise program that will (a) get you in shape and keep you in shape, and will (b) be enjoyable and therefore sustainable. If either of those ingredients is missing, you'll most likely end up being disappointed.

Flexibility Training

There are tremendous advantages to being flexible, both in your body and in your life. I am convinced that keeping my own body highly flexible is the main reason why I never sustain any injuries during the many rigorous physical activities I participate in -- including running like a mad man down mountain trails strewn with rocks and other obstacles.

I really don't recommend such activities for most sane people, as a bad fall could be quite disastrous. I just do it for the sheer, childlike exuberance it brings me.

Turning Good Ideas Into Habitual Behaviors

One of my major goals in putting this book together is to plant firmly in your mind the fact that achieving success at fitness, health, and happiness, depends almost entirely on the nature of your own beliefs and attitudes - which as we have seen, are also the root source of your habits.

If you have a pulse, you have *some* habits. You have some good habits, and you have some not-so-good habits. That's just the way it is for us human beings. Habits are the natural result of repeated behaviors that are in some way rewarded. Any behavior that's not somehow rewarded is eventually "extinguished," to use one of my favorite clinical psych terms.

All of your *current* habits are based -- however unconsciously -- on the belief that the behavior they create is on some level "okay" with you. By okay, I don't mean healthy. I mean it's okay with your ego. (That is a huge topic unto itself, which we'll cover later.)

A "habit" is just another word for an automatic behavior. Your goal is to replace your *automatic* self-sabotaging behaviors with *automatic* self-supportive ones. Since all behaviors originate with your beliefs, then once the beliefs are fixed, the behaviors will *automatically* fix themselves.

And once that happens, doing what's healthy will become just as automatic as doing what's unhealthy used to be. No more stress and struggle, no more reliance on will-power, and no more backsliding. Just automatically doing what works. Does that sound like a better plan than whatever you've been doing up to now?

What Are *Your* Goals?

Important question: Do you want to be a competitive body builder, a power lifter, or a marathon runner? Or do you just want to be a fit happy and healthy "ordinary" person?

Since 99% of us fall into the second category, that's who this book is written for. And with that thought in mind, I'm now going to tell you something you probably won't hear anywhere else.

If your primary goal is fitness, then you should probably be focusing equally on smart eating and appropriate exercise. But if your primary goal is weight loss, then I guarantee you that cutting down on calories will get you results a whole lot faster and with a whole lot less work than trying to get there through increased exercise.

Think about it. If it takes you a mile of jogging to burn off one cookie's worth of calories, does it make more sense to run five extra miles, or to eat five less cookies? To me, that's a no-brainer.

I'm not going to get into the details of what happens with your body chemistry as a result of the different kinds of exercises. First, because I don't know much about it. Second, because I care even less about it. And third, because I don't think you really need to know it, either.

Because, as we noted earlier, it's not about what you *know*, it's about what you *do* with what you know. If you have enough self-supporting beliefs and attitudes, you'll *find a way* to get the exercise you need. But if you have too many self-sabotaging beliefs and attitudes, you're simply not going to get enough exercise -- or perhaps any at all -- no matter what the circumstances.

A Few Important Generalities

Let me sum this all up for you by leaving you with the few general thoughts about exercise and physical activity. As I will continue to emphasize, this is all about doing what works for *you*.

I know from decades of experience that we Americans tend to take all-or-nothing views about almost everything. This can be disastrous when it comes to any aspect of life, including diet and exercise. So I strongly encourage you to take a moderate approach. Extremes are both unhealthy and unsustainable.

The Three Possible Combinations Of Diet And Exercise

There are three "combinations" of diet and exercise you can be doing in your life at any given time. I'm not talking about specific activities, but about your overall lifestyle.

The first combination of diet and exercise will produce weight gain. The second combination will keep you right where you are, and the third will produce weight loss at some pace. If your goal is to get to your healthiest weight, your mission is to stop doing combination #1 ASAP and start doing combination #3...until you get to the place where you can do combination #2.

"Use it or lose it" - applies not only to your body, but to your mind and spirit as well. Just use it in a healthy way! I'm a big fan of low-impact exercise for sustained periods of time and at regular intervals in your life, in your week, or even in your day.

If you don't much care for "routine" exercise (I really don't, personally), and if you'd like to eliminate as much exercise as you can from your life, and if you don't want to focus on exercise as part of your weight loss program, the best way to reduce the need for exercise while still meeting your weight loss goals is simply to improve your eating habits.

Don't get me wrong. I'm really very pro-exercise. But I like to get exercise that's fun (biking, mountain hiking, swimming). For me and lots of others, the gym holds little appeal. As such, simply not consuming a calorie in the first place is a whole lot easier than trying to burn it off or sweat it off on a treadmill.

In general, doing anything is better than doing nothing. But doing too much is worse than not doing enough. That's why I strongly suggest moderation. While you may not get yourself in great shape from doing too little exercise, you're also not going to injure yourself or put yourself out of commission and end up unable to exercise at all.

NOTE - I also want to refer you to your free bonus ebook, "*The Hidden Secrets Of Lifelong Fitness!*" -- from which much of the material in this section has been taken. I strongly suggest you read that entire ebook to get a much broader idea of exactly where nutrition and exercise fit into the "big picture" of getting your body and life in the condition God intended them to be.

Now that we've covered the informational part of this section, it's time for your proactive participation, with...

-Success Exercise #33-

"Plan A" - Stage 4: Developing Your Healthy Exercise Plan

Step 1 - Describe in detail your current exercise situation. Be very honest here. If you aren't doing diddly-squat, just say so. This is about telling the truth as it currently exists. You are simply identifying the current level -- or absence -- of any physical activity in your life that could reasonably be construed as exercise.

Step 2 - Begin to design a *realistic* exercise program for yourself. If it's not realistic, it simply won't get done, and even thinking about an unrealistic exercise program is a waste of your time.

If you know you just aren't going to get off your butt without outside help, get in touch with a personal trainer, find a local activity group, go to the gym or spa, join a hiking club...do *something*. Anything is better than nothing, and 1/2 hour of exercise a day (even if it's just walking) would be a good initial target. Write your intentions in your Success Journal.

Movement of your body is important for more reasons than we can explore here. Appropriate exercise affects all levels of your being in a beneficial way. The operative word here is *appropriate*. If you do too little, you won't benefit much. But if you do too much, you may injure yourself, get sore, get discouraged, and stop--and that won't benefit you at all.

So by all means get some daily exercise. But keep it appropriate. Increase gradually. Ideally, you'll be working with a health professional who can provide guidance, answer questions, and help you stay motivated.

Write all your responses/reactions in your Success Journal.

- Success Exercise #34 -

Clarifying Your Vision Of Yourself and Your Life

Now it's time to forget words entirely. Turn off that part of your brain. No "thinking" right now, just visualizing and "feeling" your future. Let your mind go free. Pretend, at least for now, that you live in a world without limitations.

This is not about "reality"-- at least not the day-to-day reality you're familiar with. This is about breaking out of the mental box you have put yourself in. Oh, yes, you have definitely put yourself in a box. Think back to when you were five years old and "all things were possible." Your imagination ran wild. In your mind, you could be, do, and have whatever you could dream up. The world was your sandbox, and vice versa.

What happened to those childhood dreams, those wonderful and perhaps fantastic visions of your own future possibilities? If you're like 99% of us, your culture slowly but surely knocked them out of your head. You were told, "You're just a dreamer." "Be realistic."

What did that mean? It meant that you were to adopt the same limited thinking everybody else had adopted. It meant "growing up." It meant trading in your God-given dream machine for something more "practical."

We already know that your self-image or self-concept (how you *see* yourself in your mind's eye) is the second most potent Success Factor. This is a strong testament to the power of visualization. You must do your very best to reconnect with that childhood sense of life's wondrous possibilities. It is an amazing source of power, no matter what your age.

Am I encouraging some kind of Peter Pan mentality, wherein we perpetually try to avoid taking on the responsibilities of adulthood? Absolutely not! What we need to understand is that growing up does not mean giving up our dreams or the ability to clearly envision them. It does not mean "settling" for whatever the world says we can do, be or have.

So your assignment is to dream! Visualize! Imagine yourself and your life exactly as you MOST desire them to be. Forget "practicality." Forget limitation. Forget what you think is possible.

Forget what your mind tells you. Part of renewing that mind is dumping the world's ways of thinking. Let yourself get emotionally involved, excited, passionate, about how things could be.

Remember, the only one who can truly limit your life...is you. So write it all down!

- Week 3, Day 7 -

The Powerful "Unseen Hand" of Affirmations

Now it's time to learn about one of the most powerful (and poorly understood) success tools of all for Christians: affirmations. And if you think affirmations are more "New Age" than biblical:

Not by works of righteousness which we have done, but according to his mercy he saved us, by the washing of regeneration, and renewing of the Holy Ghost; Which he shed on us abundantly through Jesus Christ our Saviour; That being justified by his grace, we should be made heirs according to the hope of eternal life. This is a faithful saying, and these things I will that thou affirm constantly, that they which have believed in God might be careful to maintain good works. (Titus 3:5-8, KJV)

That's why you will learn how to create powerful and compelling affirmations that *get results*.

An affirmation is simply a sentence that describes a condition you want to become "real" in your life. For example, "I am happy" is a simple, clear, and powerful affirmation. When you create your affirmations, keep in mind the "p" words. In order to be *powerful*, affirmations need to be:

Positive - Phrase them as "I can," and "I am," and "I have," not "I won't," or "I'll never..."

Present - Avoid past or future tenses. The true source of your power exists in the eternal now, and can't even relate to the past or future.

Passionate - To turn affirmations into realities, you must get excited, emotional, and passionate. In this way, your full natural energy is brought to bear on the creative process.

Persistent - Your affirmations are, in reality, the seeds of your new beliefs. The only way to get them to "overwrite" old programs is through repetition (spiced with passion). After all, repetition is what has made your *current* beliefs, programs, and habits so powerful!

With clarity, repetition, and passion, your affirmations become embedded ever more deeply into your powerful unconscious mind. So utter them often!

*... in every thing ye are enriched by him, in all utterance,
and in all knowledge; (1 Corinthians 1:5)*

As part of your daily success activities, you will read your affirmations. But don't just read them like a shopping list. Read them like you're auditioning for the most important role of your life. (You are.) Pretend that your power to create hangs on your every word and feeling. (It does.) Imagine that the degree of success you achieve depends on how convincingly and passionately you express your desires...because it does!

The good news is, you don't have to get it right on the first try. You have as much time as you

need—the rest of your life, if that helps you relax. But be aware that the speed and magnitude of your results depends on the conviction and passion with which you *affirm* your desires.

The effectual fervent prayer of a righteous man availeth much. (James 5:17)

Creating Super-Powerful Affirmations

Most people don't really understand how affirmations are supposed to work. Affirmations are actually a form of prayer.

And pray in the Spirit on all occasions with all kinds of prayers and requests. (Ephesians 6:18)

For your affirmations to have power, you need to *say* them, you need to say them with *passion*, and then you need to *act accordingly*. And as we just noted, to be powerful, your affirmations also need to be positive, present, passionate, and persistent. But that's just one dimension of creating the kinds of affirmations that change lives. They also must be:

- Written - clearly and with commanding authority
- Spoken - loudly and with passion and conviction
- Acted upon - as if the outcome were pre-determined

Note that I have just described the Three Levels Of Creation. The fact that affirmations (when properly done) involve all three levels is what makes them so powerful. Think, speak, behave as if you were *already there*. Thank God daily for the fulfillment of your blessings *in advance of actually receiving them*. Confess what you want, not what you have. Why waste your God-given creative power by focusing on what you already have, unless you are expressing gratitude?

If you then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give the Holy Spirit to those who ask him! (Luke 11:13)

What do you think would happen if your child said this to you every day: "I really want to thank you for my beautiful new bike."? Every day, you heard these same words from your child. Do you think you would somehow find a way to get them that new bike? And who would be doing the actual getting? The child? What is the child's job -- his only job?

For verily I say unto you, That whosoever shall say unto this mountain, Be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith. Therefore I say unto you, What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them. (Mark 11:23, 24)

You can't choose whether your thoughts, words, and deeds will determine your future. You can only choose *what* your thoughts, words, and actions will be. So don't just look at the "mountain" in your life, or wish it would go away. *Speak* to the mountain. *Tell* it what to do!

What Affirmations Do, And How They Do It

*Thou shalt also decree a thing, and it shall be established unto thee:
and the light shall shine upon thy ways. (Job 22:28)*

Affirmations, especially when combined with visualization, are such powerful tools for overcoming these three barriers because they:

- ◆ Replace old, self-destructive programming with new, self-supportive programming.
- ◆ Keep you in a positive state of mind. This creates a positive present for you.
- ◆ Keep you focused on positive outcomes. This creates a positive future for you.
- ◆ Eliminate negative, fear-based thinking, which creates stress in the now and leads to negative experiences in the future.

Life-Changing Affirmations Are:

- | | | | |
|--------------|-------------|--------------|---------------|
| - positive | - present | - powerful | - presumptive |
| - persistent | - emotional | - passionate | - specific |

If you think that this affirmation / visualization process is somehow "alien," you need to understand that you *have been doing it all your life*, and you *will be doing it all your life*. What you imagine and believe will *always* determine the kind of future you create. The only variable is whether you'll be doing your creating consciously or unconsciously.

What you need to understand is that you are doing affirmation and visualization anyway--all day, every day. Every thought you have, every word you say, is either affirming something positive or affirming something negative. Your past affirmations and visualizations are what created your life as it is right now. So if you want your future to be anything other than an endless replay of your past and present, you need to do something to *make* it different.

Imagine that you're driving down the Interstate and you discover that a tractor-trailer has jackknifed and is sitting there, blocking all the lanes. What would happen if you said to yourself, "Man, I just hate this. I can't stand where my life is going. But what can I do?" And you didn't turn the wheel to avoid the truck in front of you. What do you think would happen?

Of course, when you set out to change the condition in your life, you are now *actively* "rocking the boat." And boat rocking has predictable consequences. One of them is what I call...

Affirmation Backlash: (Forewarned Is Forearmed)

When we create a new affirmation, most of us are willing to "try it on" for a while. But if we don't see some real-world results pretty darn soon, we say, "Well, that doesn't work." Or we may say something a bit stronger, such as, "I knew those !@#\$\$% affirmations were a bunch of crap." This kind of a response, called "affirmation backlash," is normal and typical, so don't let it surprise you, dismay you, or impede you. Affirmation backlash is nothing more than your ego's (very predictable) response to your "meddling" with the status quo.

Remember, your life is the way it is NOW because of the way your thoughts, words, and actions WERE. When you set out to change those things, you are bound to meet with resistance. This resistance comes in many forms. Sometimes you're up against your deeply entrenched habits. But sometimes you're up against your own ego's attachment to the status quo.

You see, our egos are utterly accustomed to the status quo, to business as usual. The desires of our imaginations, however appealing they may be to our mind and spirit, are seen as threats to the more earthly parts of our being, to which our egos have become so attached. And as you try to raise the bar on your life, your own ego will almost always try to block your progress.

In fact, as you seek to affirm any new condition in your life, your ego resistance will show up in many ways. For example, if you have ever tried to memorize an affirmation that was more than a few words, you may have noticed how difficult it was. In fact, you may have thought there was something wrong with your brain.

You thought it should be a simple matter to memorize and practice saying a single sentence. But you soon found out otherwise. It was almost as if your brain were fighting you. It was as if some part of you didn't want you to make this new change, and was actively opposing you.

The truth is that your new changes *were* being resisted by you -- unconsciously. The outcome was that you didn't do what it takes to get results. You either didn't say your affirmations often enough, didn't say them for a long enough period of time, didn't say them with conviction, didn't say them with passion -- or never really believed a word of it. "Status quo" won.

And yet, the truth is that you weren't *supposed* to believe a word of it -- at first. If you already believed it, there'd be no need to affirm it. It would already be here or on its way. It is precisely because you do *not* yet believe something that you need to affirm it. That is what affirmations are all about. But when you first start out, they sound like lies, wishful thinking, or outright BS.

He is our father in the sight of God, in whom he believed--the God who gives life to the dead and calls things that are not as though they were. (Romans 4:17)

This is exactly how it's supposed to be! You need to understand that saying your affirmations every day, and saying them for enough days and with enough enthusiasm, is *exactly* what it takes to turn your inner resistance and disbelief into inner acceptance and belief. If you really understood this, then you wouldn't be surprised by the ways your own body and mind can try to sabotage your efforts to improve your own life.

But Rocking The Boat Doesn't Mean Sinking The Boat

When you create a new affirmation, you are actually trying to change the direction of something that has a great deal of momentum in a specific direction: your own life. The *only* way to change the direction of your life is through steady pressure applied with sufficient power for a long enough time. You need consistently to envision your success, affirm your desired changes with your thoughts and words, and then follow through with your actions.

So, if you're tempted to not follow through with the Success Exercises you'll soon be doing, remember what's really happening. Don't blame your lack of progress or follow-through on anything or anybody. Just know that the results you get will be in direct proportion to the energy you put out. If your affirmations are done consistently, with appropriate repetition, genuine passion, and solid commitment, you can't help but succeed.

Affirmation "Evolution"

Don't be concerned if your affirmations seem to be changing a bit (or a lot) from one day to the next. Zeroing in on what you want can take some time. If you stay with the program, you'll keep moving in the right direction. So change your affirmations as often as it feels right.

You'll also find that you want to modify your affirmations as you learn more about who you are--as what once was unconscious becomes available to your conscious mind. Obviously, the more you know about who you really are and what you really want, the better goals you can set.

How Will You Approach Your Visualizations and Affirmations?

Approach #1: "I Wish" - Like Dorothy and friends approaching the Wizard of Oz, you can approach this process with fear, trepidation, and nervousness, not being sure you really deserve what you want, but hoping you'll get lucky and that the "powers that be" will do you a favor. (This approach is not recommended.)

Approach #2: "I Will!" - Or, you can approach this process like the proverbial "kid at Christmas"--with a crystal clear, well-thought-out list of everything you want. You sit on "Santa's" lap (the lap of the universe's unlimited potential). You are fully aware you deserve what you want, you are excited about asking for it, and you are totally confident you'll receive it. (This approach is highly recommended!)

Let the weakling say, "I am strong!" (Joel 3:10)

And all things, whatsoever ye shall ask in prayer, believing, ye shall receive. (Matthew 21:21)

Remember: You *are* allowed to "have it all." God wants to give you the Kingdom. You just need to believe you deserve it, see yourself having it, know that you'll get it, and ask for it. And never, never worry. You see, *worry* is nothing more than affirming that what you don't want will come to pass. And like any other affirmation, if your worry is coupled with your clear vision and enough emotion, you can bring it into reality. So don't worry -- unless you actually want to create what you're worrying about.

And Jesus said unto them, Because of your unbelief: for verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you. (Matthew 17:20)

By the way, if you have trouble believing your bold, new affirmations, congratulations! You're definitely on the right track! After all, if you could easily believe your affirmations, it would

mean that you were still safely within the bounds of your existing beliefs. That's not where you want to be, because your existing beliefs are the reason your life is the way it is, rather than the way you want it to be.

Jesus said, "Until now you have not asked for anything in my name. Ask and you will receive, and your joy will be complete." (John 16:24)

So be bold! Challenge your existing beliefs. Just don't be ridiculous. Oprah will never weigh 108, nor should she. Do get out of your comfort zone...but don't drift off the planet!

Getting Beyond Your Deservability "Comfort Zone"

As you imagine, dream, and write your desires, pay careful attention to your thoughts and especially to your feelings. As you create your vision of your new, "upgraded" life, watch carefully for any signs in your body, mind, or spirit that say, "Um, I really don't deserve this. Sure, I'll say it. But I really don't believe it."

Also be certain that your new goals are sufficiently outside your old "deservability comfort zone." Understand that you can't possibly improve your situation by staying within your current deservability comfort zone. To create a better experience of life than the one you have now, you simply must expand your boundaries.

But when you do, your existing deservability limits will probably try to block you. Sometimes you will be instantly aware when you have exceeded your old zone. Other times, this blocking effort may be unconscious, and therefore not easily detected. But your body and spirit will have reactions to your bold, new desires that are much easier to notice. And one way or another, your efforts to improve will always be met with a certain amount of resistance.

You must persist anyway! Only through a combination of repetition, passion, commitment, and persistence can you break down the walls of your habitual unconscious resistance to a better life. That is how you will gradually make the transition to the life you *truly deserve*. Yes, the reward is rightfully yours. But just like a winning lottery ticket, you need to claim it in order to get it.

You do not have, because you do not ask God. (James 4:2)

It boils down to this: If you don't "push the envelope" at least a bit, you will accomplish zip. Nada. Zilch. So if your affirmations are to bring you any significant change, they must take you out of your comfort zone. They must feel a little alien and perhaps even (a tad) outrageous. If your affirmations aren't breaking any new ground, you're going to stay right where you are, and all of these exercises will be a waste of your time and energy.

Take charge, dream big, and command your new reality into being. You already have God's permission. Now all you need is your own. So give yourself full permission to win, and "affirm it like you mean it" with every atom of your being.

10 Keys To Effective Use Of Your Power Tools For Positive Change

1. **Present Tense** - Affirmations should always be phrased as if they are happening now.
2. **Positive Tone** - Give your attention **only** to what you want, never to what you don't want.
3. **Passion** - The least-understood but possibly most important key to successful creation.
4. **Persistence** - If you don't persist, don't expect success.
5. **Clarity** - A fuzzy vision reaps fuzzy results.
6. **Simplicity** - A five-year-old should be able to totally understand any affirmation you write.
7. **Consistency** - Get clear about your goals and stay focused on them.
8. **Commitment** - Let's say it again: Your commitment determines your success.
9. **Repetition** - Do it until it's second nature. That's how you make it automatic.
10. **Faith** - Believe that what you can't yet "see" **will** come to pass in your reality.

3 Hot Tips For Affirmations (Based On Lots Of Real-World Observation)

Hot Tip #1: Observe how you do *negative* affirmations in your own life. What happens when you get angry or upset? Observe how you get your body, mind, and spirit involved, how you express your passion and emotion when you're creating a passionately "negative" experience. Then duplicate the process in a positive direction.

Hot Tip #2: Here's a neat trick for people who have trouble believing their affirmations: Alternate them with positive statements you already know to be true and can say with conviction. Examples: "It's a beautiful day!" or "I feel warm in this coat," or "I love spring-like days!"

In other words, passionately say something you do believe, and follow it with something you'd *like* to believe but don't believe yet. Sneaky, isn't it? But all is fair in love, war, and weight loss.

Hot Tip #3: The real key to your success will be to take *daily action*. If you seriously expect to get from where you are to where you want to go, you will need to do something every day to help you get there. Remember the 15 Daily Actions you can take that will turn your weight loss dreams into reality. The more of them you do every day, the faster you'll get there.

-Success Exercise #35-

Creating Powerful Affirmations - Round 1

Start the process of creating powerful and compelling affirmations by reviewing your goals, your positive "pull" motivations, and your vision. What are the 10 things you most want to be present in your future that are not present in your present? Think about the tremendous benefits of reaching your goals, and how much better your life will be.

Then create 10 simple sentences, each one "affirming" that your desired condition is *now* reality. Remember to write all affirmations in the present tense -- as if your desired condition or circumstance were already so. And don't worry about getting them "perfect on the first try. This is another of the success exercises we'll be coming back to a couple of times.

Go For What You Want!

...I am come that they might have life, and that they might have it more abundantly. (John 10:10)

Our biggest sin is limiting God's ability to work in our lives. God is not limiting us. We are limiting God. God wants us to have it all. But we must conceive and believe in our hearts first. Only then can our blessings manifest in our physical reality. You become what you believe. You must keep the vision of victory in front of you.

- Success Exercise #36 -

The Power Of "4-Legged" Affirmations

Invisible does not mean impossible. We humans, unfortunately, allow our thinking to be limited by our physical senses. If we can't see something, we don't believe it's real. But God is not limited by the laws on the physical/natural world.

God created these laws and can transcend them at will. But to make this happen, He needs for us to do our part. If you want to try something that will really rock your world, here's how to create the "4-legged" affirmations my coaching clients find so effective.

1st Sentence: Begin with a blunt admission of the behavior / habit you want to get rid of, phrased like this: "I really don't _____ any more."

2nd Sentence: Then say why. "I found that doing _____ causes me to _____ / results in _____ / makes me _____."

3rd Sentence: Then you create your clear statement describing the condition / behavior / habit you want to bring into reality "Now I _____ instead."

4th Sentence: Give the final shot of power to your 4-legged affirmation by adding a sentence explaining the benefit of your desired behavior: "The reason I do _____ now is because _____."

Then combine the four sentences into one powerful paragraph that clearly expresses where you were, where you're going, and why. After you write this paragraph, think it, and say it with passion, it will soon become integrated into your self-talk (more about that soon) and your desired belief or condition will start to become "you." The effort and struggle of will power will soon be replaced with the amazing and automatic power of a *good* habit. And that's our goal!

For Ultimate Power: Do It All In The Name Of Jesus Christ!

The first part of the ultimate inside secret for creating life-changing affirmations is to: "Build in" a Scripture! For example, one of my favorite affirmations is:

*“Thank you Lord, that all my needs are abundantly met
through your glorious riches in Jesus Christ.”*

Not only is this a powerful affirmation because it includes a Scripture (Philippians 4:19), but also because it is a prayer of affirmation based on gratitude. But to infuse your affirmations with the absolute maximum amount of power, say them all in the name of Jesus Christ. Yes, somewhere in EVERY affirmation, include the phrase, "...in the name of Jesus Christ."

I owe my personal discovery of the life-changing power of doing this to a small booklet about prosperity written by Rev. Catherine Ponder. It literally changed my life -- and is the reason I was born again! So this isn't just theory. It's very, very powerful!

And No Spiritual Wimpiness Allowed!

Keep in mind that this is not some vague, abstract, touchy-feely exercise. This is the amazing creative power God gave you that you're tapping into. So seize the opportunity! The time is past for timidity and hesitation. No wimpiness allowed. You want it? Then declare it! And have no fear. You have the ultimate Authority behind you -- God!

But a word of warning: As soon as you make one of these powerful, life-changing affirmations we've been talking about, "the world" is going to have *two* responses. And you can count on getting both of them, sooner or later.

Response #1 - "Go for it! You have total permission to succeed!"

Response #2 - "Oh, yeah? Let's see if you really mean it."

In other words, your new affirmation will be honored, but it will also be tested. If your words and actions don't back up your affirmation, you'll be revealing your lack of commitment. It's just the universe's way of weeding out spiritual wimpiness and "lukewarm" affirmations.

So if your affirmations don't come to pass, know that your lack of results stems directly from *your own* lack of commitment. God plays no favorites. Don't blame anyone else, but don't blame yourself either. Success is about responsibility, not blame. Just be aware of who's responsible for the outcome (or lack of one) in your life, and correct your actions accordingly. When the going gets tough, stay with the program. Don't let your belief waver. If *you* wimp out, *you* lose. So stay focused on the "win," and your clear and compelling vision will keep you on track.

We have been taught to think in linear ways, involving cause and effect. As a result, we have come to believe that if something is going to happen, we are supposed to "make it happen." That's the American way, isn't it? People who use these non-physical creative processes we'll talk about are labeled "dreamers" -- as if dreaming wasn't supposed to be part of creating.

Recall again IBM's Tom Watson, who *visualized* and *affirmed* his fledgling company straight to the top of the heap. Edison also was known to spend hours getting a clear picture in his mind of what he wanted to end up with in physical reality. If these powerful tools are good enough for such hard-nosed, practical business tycoons, why not for us?

What if you actually went through your day in perfect faith and happiness, clearly focused on what you want and confident that God will get it for you -- even if you can't see how it's going to happen? The fact that we can't see what's around the next curve doesn't keep us from driving to the mall. We believe the mall is there waiting for us and that we can make simple steering adjustments as needed along the way and we'll get there just fine. Once you have rolled your cares and worries over on God, make sure you don't pick them up again later that day!

To get results, we need not just inspiration, but follow-through. If you've ever created an affirmation, you probably began with a burst of enthusiasm...then soon tapered off substantially. After the initial blast off, your affirmation rocket probably fizzled and then crashed and burned. You got little or no results, concluded that affirmations don't work, and that was the end of that. The problem was that you didn't understand the mysterious process you had undertaken. So let's take a closer look at how affirmation and visualization really work.

When we set out to change any behavior, there are three subtle but powerful barriers opposing us. Recall that, if struggle and failure have been part of your weight loss history, it means there's a significant conflict between your *conscious* desire to lose weight and your *unconscious* motivations, which are the products of your deeply-held beliefs and attitudes, and are the real reasons why you do what you do in life.

These unconscious motivations that power most of your behaviors are significantly more powerful than your conscious desires. This power imbalance is the first barrier you need to stay aware of. The second barrier results from the fact that you are, by definition, unaware of your own unconscious motivations. That's why they're unconscious. You can't even see the beliefs and attitudes that are keeping you from succeeding!

The third barrier is that any behavior that has been with you for a while has a certain amount of momentum...just like the Titanic did. Changing your course to a healthier and less destructive direction requires sustained effort in the new direction until you are on the new course.

- Success Exercise #37 -

"Plan A" - Stage 5: Developing My Spiritual Focus

This is the final but perhaps most important stage of creating your "Plan A" Personal Success Program. This is where you need to decide how your spiritual life will look and feel.

- What will you do that you haven't been doing?
- Why will you be doing it?
- How will it affect your relationship with God the Father? With Jesus? With your indwelling Holy Spirit?
- How do you think your new changes will impact your long-term prospects for success?
- How do you think they will impact your short-term prospects for success?

- How do you think they will impact your day-to-day experience of yourself and your life?
- How do you think they will impact your in-the-moment experience of yourself and your life?

Ponder these questions carefully, and enter all your thoughts in your Success Journal

- Success Exercise #38 -

Review, Renew, Get Some Perspective

You've been involved in this program for three weeks now. We're a bit more than halfway through. Now you probably have a good sense of what we're doing and how we're doing it -- even if you're not too clear on why it works, or how it's going to make any difference.

Or maybe you sense that it's already making a difference. Maybe it's not a difference you can see on the scale yet, or maybe it is. But no matter what, understand that this is about YOU. It's not about comparing yourself, your life, your progress, or anything else to some arbitrary "pace." It matters not one bit what everyone -- or anyone -- else does, thinks, or feels in the course of their own weight loss program. You are 100% unique. So now it's time to review *your* goals, for *your* life, and *your* dreams.

Look carefully at what you've written. Take a hard look at your vision. See if it all still "feels" right. See if what you have come up with so far accurately reflects what you truly want. If so, great! Renew your commitment to bringing your vision into reality. If not, feel free to make any and all revisions you feel inclined to make. And do write them in your Success Journal!

Never Forget: This Is All About *You!*

You *deserve* to have what you want. The Bible makes this abundantly clear in the many Scriptures we've already quoted, and many more. If His own children are not worthy of His blessings and bounty, pray tell -- who is?

It's time for bolder vision, or a more potent affirmation. Remember: This is not a dress rehearsal. This is your life! Be bold! Ask for what YOU want. No external force or power is "judging" you and "deciding" what you can have and what you can't. It's *your own heart* that determines what you will and will not allow yourself to receive.

Your success requires that YOU make a heartfelt shift in the direction of greater deservability. The only person who can block your blessings is YOU, and the only person who can open your life up to receive them is YOU. Are you willing to receive?

- Week 4, Day 1 -

Some Very Important "Stage Two" Exercises

Today is the first day of the week, and the first day of the rest of your life! It's also a big day for your Success Exercises, so let's get going! Starting now, we're going to do a number of what I call "Stage Two" exercises. The ones you'll do today and tomorrow deal with Success Factors 1-4. You have seen these before, and should be getting familiar with them by now, and yet you will probably find your experience noticeably different the second time around.

If you have done your exercises so far with the commitment they (and you) deserve, then you have made some interesting discoveries and had some solid insights. But your most unsupportive beliefs tend to be very elusive. They are like timid little kittens that don't want to come out from the crawl space, so they need to be coaxed.

So approach Round Two as if you were your own best therapist (which you can learn to be) and see what mysteries you can discover about this fascinating mind that runs your life. With that in mind, your assignment for today is:

- Success Exercise #39 -

Let's Get Serious About Success Factor 1

Your mission today is to focus again on what you've learned about yourself in your exploration of Success Factor One, but now from a place of much greater self-awareness and with even more honesty than may have been comfortable the first time. Whatever barriers you may have to weight loss success regarding your beliefs should be much higher in your awareness now, which is an important part of putting them behind you for good.

Now look again at Success Factor One (creating positive, supportive beliefs) in light of your new awarenesses and self-discoveries, and answer these questions:

1. What are you aware of regarding your beliefs that you weren't aware of a few weeks ago?
2. How have your past beliefs kept you stuck where you didn't want to be and kept you from getting where you wanted to go?
3. What beliefs would you like to have, even if you don't have them yet and may not be convinced that you could ever have them?
4. How would they help you reach your goals?
5. How would your life be better if you could replace your existing beliefs with the ones that are more self-empowering?
6. What, if anything, do you think is preventing you from trading in your old, self-limiting beliefs for the new, self-empowering ones?
7. Create new affirmations or modify your old ones to include your new awarenesses.

8. What is one specific thing you can do in the next seven days that will move you in the direction of the new and self-empowering beliefs?
9. When will you do it? Write the specific date and time.
10. Record what you actually did and when. How did it go? How did it feel? How do you feel?

And here's something you can do if you feel up to the level of self-honesty it requires. Just fill in the blank after this statement:

"Although nobody really knows this (and I don't like to talk about it, or even think about it), the truth is that I am *unwilling* to lose weight because: _____

If you are doing these exercises with the level of energy and commitment you should be using, then you'll be willing to be bolder about what you want. Dream bigger, envision more.

Who deserves it more than you? Nobody! And if you think otherwise, you just identified your biggest roadblock to success! So ask yourself, on a scale of 1 - 10, how much does this Success Factor still seem to be a part of your weight loss problems? Write it all in your Success Journal!

- Success Exercise #40 -

Let's Get Serious About Success Factor 2

Your mission today is to focus again on what you've learned about yourself in your exploration of Success Factor Two, but now from a place of much greater self-awareness and with even more honesty than may have been comfortable the first time. Whatever barriers you may have to weight loss success regarding your self-image should be much higher in your awareness now, which is an important part of putting them behind you for good.

1. What are you aware of regarding your self-image that you weren't aware of a few weeks ago?
2. How has your old self-image kept you stuck where you didn't want to be and kept you from getting where you wanted to go?
3. What kind of a self-image would you like to have, even if you don't have it yet and may not be convinced that you could ever have it?
4. How would it help you reach your goals?
5. How would your life be better if you could replace your existing self-image with one that is more self-empowering?
6. What, if anything, do you think is preventing you from trading in your old, self-limiting self-image for the new, self-empowering one?
7. Create new affirmations or modify your old ones to include your new awarenesses.

8. What is one specific thing you can do in the next seven days that will move you in the direction of the new and self-empowering self-image?
9. When will you do it? Write the specific date and time.
10. Record what you actually did and when you did it. How did it go? How did it feel? How do you feel?

Next ask yourself, on a scale of 1 - 10, how much does this Success Factor still seem to be a part of your weight loss problems? Be sure to write your responses/reactions in your Success Journal.

- Success Exercise #41 -

Expanding My Compelling Vision: Creating My New Visual Self-Image

Now your assignment is to create and describe a complete visual image of your own body. You already created a vision / visualization of how much better your life will be when you reach your goals. Now do the very same thing with your own body.

How To Develop The Compassion To Get The Most Out Of This Exercise...

This is all about Success Factor #2. Put your hands directly on each part of your body that you're not happy with. Tell it you love it and you understand why it is as it is and how it came to be that way. Acknowledge the great unfairness you have suffered, and make sure that body part now understands that you are going to give it all the love and nurturing it needs. Pay careful attention to any thought or feelings that come in the course of this powerful exercise.

- Success Exercise #42 -

My Compelling Motivations: Stage 2

Back in your "cost/benefit analysis, you identified 12 motivations that will be the benefits of success at reaching your goals, and 12 more motivations that would be the costs of failure.

Now your assignment is to select 7 motivations from *each* group that are the most compelling (plus or minus) and explain why they are more important than the other 5. You will also list them in order of importance to you, and then explain why each one is in the order you put it.

So you will end up with your 7 most positive and appealing motivations, and why you absolutely must have them in your future, and your 7 most negative and "yucky" motivations, and why you absolutely must NOT have them in your future.

Be sure to write your responses/reactions in your Success Journal.

- Week 4, Day 2 -

Again today, we will do some "Stage 2" Success Exercises. Focus again on what you've learned about yourself in your exploration of Factor Three -- but now from a place of much greater self-awareness, and with even more honesty than may have been comfortable the first time.

- Success Exercise #43 -

Success Factor #3 Revisited: Developing Positive Self-Esteem / Deservability

Whatever barriers you may have to weight loss success regarding your self-esteem and your sense of deservability should be much higher in your awareness now, which is an important part of putting them behind you for good.

1. What are you aware of regarding your self-esteem that you didn't know a few weeks ago?
2. How has your old self-esteem kept you stuck where you didn't want to be and kept you from getting where you wanted to go?
3. What kind of self-esteem would you like to have, even if you don't have it yet and may not be convinced that you could ever have it?
4. How would it help you reach your goals?
5. How would your life be better if you could replace your existing self-esteem with that which would be more self-empowering?
6. What, if anything, do you think is preventing you from trading in your old, self-limiting self-esteem for the new, self-empowering one?
7. Create new affirmations or modify your old ones to include your new awarenesses.
8. What is one specific thing you can do in the next seven days that will move you in the direction of greater, self-empowering self-esteem?
9. When will you do it? Write the specific date and time.
10. Record what you actually did and when. How did it go? How did it feel? How do you feel?

On a scale of 1 - 10, how much does this Success Factor still seem to be a part of your weight loss problems? Write all your responses/reactions in your Success Journal.

- Success Exercise #44 -

Success Factor #4 Revisited: Becoming Fully Self-Empowered

Next focus again on what you've learned about yourself in your exploration of Success Factor Four, but now from a place of much greater self-awareness and with even more honesty than may have been comfortable the first time. Whatever barriers you may have to weight loss success regarding your sense of self-empowerment should be much higher in your awareness

now, which is an important part of putting them behind you for good.

1. What are you aware of regarding your sense of self-empowerment that you weren't aware of a few weeks ago?
2. How has your old sense of self-empowerment kept you stuck where you didn't want to be and kept you from getting where you wanted to go?
3. What kind of a sense of self-empowerment would you like to have, even if you don't have it yet and may not be convinced that you could ever have it?
4. How would it help you reach your goals?
5. How would your life be better if you could replace your existing sense of self-empowerment with a greater one?
6. What, if anything, do you think is preventing you from trading in your old, self-limiting sense of self-empowerment for the new one?
7. Create new affirmations or modify your old ones to include your new awarenesses.
8. What is one specific thing you can do in the next seven days that will move you in the direction of greater self-empowerment?
9. When will you do it? Write the specific date and time.
10. Record what you did and when you did it. How did it go? How did it feel? How do you feel?

On a scale of 1 - 10, how much does this Success Factor still seem to be an issue in your weight loss problems? People tell me that they want to lose weight and be thinner so they can feel better about themselves. Sounds logical...but it's *exactly backwards!* The truth is that when you feel good enough about yourself, you will *automatically* go to your healthiest weight. Why? Because your new and improved self-image and your higher self-esteem won't allow anything else!

I also want to provide you with **some sample affirmations** for each of the four Success Factors:

- ◆ Sample Factor 1 Affirmation: *"I am healthy, happy, and enjoying my new life at my ideal weight."*
- ◆ Sample Factor 2 Affirmation: *"I am at my ideal weight. I stay here effortlessly, because that's who I am."*
- ◆ Sample Factor 3 Affirmation: *"I am worthy of and deserve all God's abundant blessings."*
- ◆ Sample Factor 4 Affirmations: *"I am the one who determines what happens in my life. I am the God-empowered creator of my earthly experience."*

- Success Exercise #45 -

Top 10 Things I Like About Me: Stage 2

Review your list of "The Top 10 Things I Like About Me." Go over it item by item, reading carefully, and see if each one is (1) about something I have, (2) about something I do, or (3) about who I am. Write down what you discover and we'll come back to it a bit later.

- Success Exercise #46 -

Last Chance To Review & Revise Your Plan A Before Implementation!

Take a good, hard look at your "Plan A") -- the "Behavior Plan" that you've been creating. Look at the things you will think, say, and do as part of your Plan. What are you willing to tolerate? What are you going to put up with, from yourself and from others?

Especially look at the food and exercise plans you've laid out for yourself. See if it all still seems realistic. Are you expecting too much of yourself? Or maybe too little? Really take some time to reflect on your complete plan, because we're about to go into "launch" mode!

Write everything in your Success Journal!

Week 4, Day 3

Creating Benchmark Goals And Interim Rewards

- Success Exercise #47 -

Creating Your "Interim" Goals & Rewards

We have talked quite a bit about creating your goals, but we haven't yet talked about creating rewards for reaching them.

But Dr. Frank, you say, isn't reaching my goal enough of a reward in itself? Maybe. Maybe not. No matter how motivated you feel right now, those goals are somewhere out in the future. But the temptation is right now -- and will always be "right now."

So to stack the deck in your favor, you're going to create some benchmarks (interim goals) and also some appropriate rewards for reaching each of them. What does that look like? Here's an example of the major goal plus interim goals plus rewards for reaching each of them.

Now it's time for YOU to create your own interim goals and tell yourself specifically how you will reward yourself for reaching each of them. You definitely should do this for all three of your Primary Goals, and even for your Secondary goals as well, if the spirit moves you.

My Primary Goal #1: I will weigh 135 lbs by May 23rd, 200__ My weight today is 160.

1. By ____ date I will weigh 155, and my reward for reaching this goal will be _____ (a nice piece of jewelry, a new item of clothing, etc.)

2. By ____ date I will weigh 150, and my reward for reaching this goal will be _____ (a new outfit, a day trip to _____)

3. By ____ date I will weigh 145, and my reward for reaching this goal will be _____

4. By ____ date I will weigh 140, and my reward for reaching this goal will be _____

Get the idea? The only things you will NOT use as rewards are anything related to food, dining, restaurants, cooking, etc. I think you know why :)

Write everything in your Success Journal!

- Success Exercise #48 -

Your Progressing Self-Care: Stage 2

In this exercise you will ask and answer one simple question: What has all my years of beating myself up for every little failing -- real or imagined -- really accomplished? Anything positive?

Write everything in your Success Journal!

- Week 4, Day 4 -

Care And Feeding Of Your Ego

Hard as it may be to believe, your own ego is often the greatest barrier to weight loss success. Why would your own ego want to sabotage your success? It's a long explanation, but the short answer is that your ego has been involved from the first day of your life in the adoption and maintenance of all your beliefs, and isn't very interested in making changes.

As we have seen, receiving God's blessings involves getting your own earthly roadblocks out of the way. No matter how many blessings God wants to give you, you can block them with your own ego. You can block God's gifts with your unbelief, with your feelings of unworthiness, with your need to "figure it all out," with your half-hearted efforts, and especially with your inability to surrender your ego to God's will. God knows more than you do! So listen and learn!

Call to me and I will answer you and tell you great and unsearchable things you do not know. (Jeremiah 33:3)

Until your spiritual priorities are stronger than your earthly ones, your ego is only the voice of your flesh. Your un-born-again ego is simply the mouth of your earthly desires and backwards priorities. Your ego is where your fear consciousness lives, where your sin (error) consciousness lives. Where did your ego get all of its "training"? In the enemy's realm -- the world!

Now, you can't get rid of your ego, and you shouldn't try. It has a job to do. It just needs to be "re-educated." Your ego can actually become a priceless ally. But until it gets disciplined and aligned with your saved spirit, it may not be your "friend"-- and is simply not to be trusted.

To succeed in this life in any area, we need to surrender our egos to God. Why? Well, you might have noticed that your unsundered ego hasn't really been delivering for you all that well anyway. So maybe it's time you entrusted it to better hands.

Submit yourselves, then, to God. Resist the enemy, and he will flee from you. (James 4:7)

It takes great courage to go where so few ever go -- to make the choice to live in the place of faith and ego surrender. But you will never do anything in your life that is more worthwhile. You see, God is obliged to give us absolutely nothing. But He is willing -- eager -- delighted -- to give us every good thing.

The enemy is a most skillful deceiver. We think of ego as that which makes us boastful, proud, or arrogant. But the ego is the keeper of all your programming, good and bad. If you are feeling fearful, cowardly and unworthy, you block your blessings just as much as if you were arrogant or boastful. False humility and passivity are no virtues in the eyes of God. In truth, all of your roadblocks to God's blessings are the products of fear and unbelief. Boastfulness and arrogance are just as much the products of fear as are cowardice and timidity.

Getting Your Ego Out Of The Way

Your ego is the policeman of your mind. Your unsaved ego is the keeper of your bad habits. It had a hand in adopting all of your programming. It wants to keep that job, and it does not eagerly surrender control. But you must understand that an ego born in and raised on earthly values is not your ally. It is, in fact, a Trojan horse. Your unrenewed mind is guarded by your unrenewed ego.

It is the Enemy's voice -- literally -- inside your own head. There is only one way to turn your ego away from the Enemy's Trojan horse and toward God's Word. You must shift your priorities away from the sinful earthly ones you grew up with and toward God's Word. You must surrender your ego to God's Word and God's will. Lean not on your own understanding! The truth is in the Word. Surrender your ego to God and be transformed!

NOTE – One place your ego will be quick to support you is in the area of acknowledging your progress. And it doesn't have to be physical, tangible progress like weight loss. Your ego will delight in psychological and spiritual progress as well. In fact, your ego can actually become your single, most powerful inner success tool -- as soon as it knows you are serious about success and clearly understands how *it* benefits from the changes you want to make.

- Success Exercise #49 -

"Past / Present / Future" - Getting Some Perspective

This is a "progress assessment" you will do from time to time where you will review everything that's happened up to now. Why? Because egos LOVE getting strokes for accomplishment. This acknowledgement of **your** accomplishments is part of helping your ego make the shift from "enemy" to "ally." You simply ask yourself these three questions: (1) Where I was before I started? (2) Where I am right now? (3) Where do I plan to be in ___ weeks from now?

Factors to assess your progress include: self-awareness, attitude, confidence, understanding the problem, identifying weak spots, bad behaviors, bad habits, thoughts, speech, identifying self-sabotaging beliefs and attitudes, setting boundaries, putting me first, not tolerating abuse (from self or others) spiritual growth, mind renewal, and any improvements to your body.

- Success Exercise #50 -

The 10 Things Other People Most Often Compliment You On

This exercise is simple. Your job is to list the 10 things other people most often compliment you on, to say how you feel when it happens, and to describe what you do with life's compliments.

- Success Exercise #51 -

OK, How Are You Doing?

Have I learned / discovered anything about me? What does it all mean? How might my negative thoughts / words / actions be reflected in what I'm creating in my life- Reading Assignment: "Review The Three Levels Of Creation"

Write everything in your Success Journal!

- Week 4, Day 5 -

Is Every Day A "Judgement" Day For You?

A topic virtually never discussed in association with weight loss is judgement. But could the two be connected? The answer is...Yes! Absolutely! And here's why: Even though God is the only one truly qualified to pass judgement, the world teaches us all -- my endless example -- to judge everyone and everything all the time.

Now, by it's very nature, this world is a highly imperfect place. And to the degree we each are saturated with worldly thinking, we are operating just as imperfectly. The problem comes when we occupy ourselves with judging all these imperfections rather than working to correct them.

Our fragile human egos often have a great deal of trouble seeing and acknowledging our own imperfections, but have little or no difficulty seeing -- and judging -- the imperfections in the world around us, and especially in others. But Matthew 7:3-5 sums it all up perfectly:

"Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye? ⁴ How can you say to your brother, 'Let me take the speck out of your eye,' when all the time there is a plank in your own eye? ⁵ You hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother's eye.

We may be very aware that we are doing such judging. But what we may not be so aware of is the great damage our judgement does -- especially to ourselves. What we do not know is that:

Judgement Is A Self-Made Prison!

So what we must learn to do is to see our judgement -- any and all of it -- as a sign of two very unhealthy things that are happening within us. What we do not see (because the motivating

beliefs are unconscious) is that:

- ◆ We only judge others as harshly as we judge ourselves.
- ◆ We only fear the judgement of others to the degree we are in judgement of ourselves.

Whenever you judge someone else, you can be sure that you will judge yourself at least as harshly, and probably already have. And when you fear the judgement (opinion) of another, you can be sure it's only because you have already judged yourself -- and found yourself wanting.

Do either of these experiences make you happy? Do they bring you joy? Peace? Serenity? Of course not! The only real function of human judgement is either (a) a feeble attempt to raise ourselves by lowering others, or (b) a pacifier for the fragile ego that wants to play God.

- Success Exercise #52 -

**How To Instantly Transform Your Judgement Into
Something Positive: The "Judge-Then-Reconsider" Method**

So what should you do the next time you find yourself with a negative thought or judgement?

1. Become fully aware of it, and don't deny, reject, or suppress it.
2. Recognize the consequences of holding that negative, judgmental thought.
3. Be aware that it did not come from the healthy, Godly part of your being.
4. Recognize that you are truly in no position to judge the lives and actions of others.
5. Very deliberately replace it with its opposite, a positive and compassionate thought.

There will be time enough to judge others when your own life is perfect. In any case, to focus on the faults of others is simply one of the deceiver's many tools. It keeps us both negative and focused on others, while preventing us from having our attention where it most needs to be: on our own healing.

Write everything in your Success Journal!

- Week 4, Day 6 -

- Success Exercise #53 -

Implementing Your "Plan A" Behavioral Plan!

I told you this was coming soon. Today is the day you start DOING, and not just learning and planning. This is where the rubber meets the road. There's really not much needed in the way of instructions. Just do it!

But now, more than ever, is the time to (a) keep an eye / ear out for SSBs (now they will REALLY have something to complain about), (b) keep really good records in your Success Journal of what does -- and doesn't -- happen, and (c) remember *who* you're doing this for. Review your goals and motivations. Do they still feel powerful? If so, make sure you keep them *in your face* and *on your mind*. If they don't seem so powerful, then *find some that do!*

- Success Exercise #54 -

Identify And Review Your SSBs (Self-Sabotaging Beliefs)

Now that you've made your first attempt at combining affirmation with visualization, you have probably noticed some internal resistance to these exercises. If you are monitoring your self-talk, you've probably heard "This is stupid." "This stuff doesn't work," or "What a waste of time!" If you've heard yourself telling yourself any of those things, relax. You are 100% normal!

Step 1 - Your first job today is simply to write down any self-talk that is trying to discourage you from getting fully involved with these exercises. See it as the voice of your ego, feeling threatened because you are trying to make changes.

Remember that there is a powerful force within you that seeks to keep you from making any change -- no matter how life-enhancing it may be. It doesn't matter what name you give it. But it matters very much that you be aware of it, and that you be aware it's *not* your friend. Most people never realize their potential in life because they believe that this inner voice of fear and limitation is actually them. It's not! If that voice is you, then who is it talking to?

Although it may seem paradoxical, the way to reclaim your own power and turn off the voice of limitation is to first clearly identify it. You begin this process by writing down every limiting thought that comes into your mind. This is how you "expose" your enemy. The best way to get rid of this inner voice of disempowerment is to always be listening for it, and always be ready to note and write down what it tells you.

Step 2 - Once you have identified these limiting thoughts and written them down, now it's time to write the opposing, self-liberating, self-empowering point of view. Create new thoughts that are the exact opposite of the limiting ones. Let yourself create new and powerful beliefs that *affirm* your true goals rather than undermining them.

Understand that this voice of limitation is not going to go away any time soon. Your ego will *always* argue for status quo. Until your new beliefs are effectively "implanted" and become more powerful than your old ones, the voice of limitation will continue to try to get your attention. Never make the mistake of thinking that this voice is really you. Just write down in your Success Journal what it says so that you can do an effective job of writing the opposite viewpoint.

- Success Exercise #55 -

Your Daily Diet & Exercise Log: Stage 3

Now that your "Diet & Exercise" Log is underway, we're going to add three more things to it everyday.

1. At the end of each day, give yourself a "how I did today" rating. This rating will range from a score of -5 for absolutely awful diet & exercise to +5 for really a excellent job.
2. You will also give yourself a "self-care focus" score for the day, based on how well you prioritized self-care. This score will be based on the combination of your mental and spiritual focus on self-care. You can determine this score by reflecting on what you did that day in terms of the first two levels of creation, your thoughts and your words. (See also your Negativity Log for clues) Were your thoughts and words helping to make your dreams come true? Or were they more of the "same old, same old" that will only keep you stuck where you don't want to be?

Consider this carefully, then give yourself a "Mind & Spirit" score ranging from - 5 to + 5. This score expresses how well you prioritized self-care that day -- or how much you put your self-care on the back burner, or even took it off the stove! Are you still suffering from "Other-Care Imbalance Disorder?"

3. Finally, give yourself an overall rating for the day, using the same - 5 to + 5 scale.

- Week 4, Day 7 -

Reflect On Your Goals, Visualizations, And Affirmations

Spend some quality time today pondering your goals and your vision of yourself and your life. Leave all the day-to-day stuff behind and let your mind go free to envision the life and body you

want. Think about what kind of a body, mind, spirit, and life would be perfect for *you*.

Understand the purpose of having clear goals and what your goals need to involve, as well as how goals differ from affirmations and visualizations. Whereas affirmations and visualizations provide something for your *unconscious* mind to latch onto and work with, goals provide something for your *conscious* mind to latch onto and work with.

Connect With He Who Made You – Today And Every Day!

Once again it's time to involve yourself in some social and/or spiritual activities. Get in touch with your Creator and with the fact that you are made in your Creator's image, and so is everyone else. Get in touch with your own divine nature.

Get out into nature. See the "divine hand" in the great and beautiful outdoors. Realize that you were designed and *intended* to "have it all," and that the only barriers to doing so are in the process of being eliminated -- by you -- in your daily Success Exercises. Do things that are fun, active, and nurturing. Walk, exercise, talk and hang out with friends, see a movie, rent a video, whatever renews your energy.

Have You Done A "Blessings Assessment" This Week?

Remember that it is essential not to lose sight of what you have that you want to keep. This will require you to become consciously aware of what is good, right, and desirable about yourself, your body, your life. No matter how much you may want things to be different, there are things that are great right now.

Remember that your *negative* thoughts, words, and actions work just as powerfully to create your negative experiences as your positive ones do. Then list at least 20 things that are right about your life, and dwell on them for a change -- and see what a change that makes!

Among the things to count your blessings for: You don't live in Israel. You don't live in [check all that apply] Iraq. / Lebanon / etc. You don't have [check all that apply] any of a whole host of debilitating, life-threatening diseases.

More important reasons to count your blessings: You have a Creator who loves you, a Savior who died for you, and an indwelling Spirit whose only purpose in life is to help you make the most of YOUR life. Food, clothing, family, shelter, health, heat and A/C. Electricity. Freedom. Options. Having job. Not living on the street. Not being homeless.

- Success Exercise #56 -

Past, Present, Future

You've done this exercise before. It's purpose is to (a) make you feel good about your progress

and (b) help get your ego on board the success train.

So take a good look at three things:

(1) Where you were before you started this program, in terms of thoughts, feelings, and awarenesses.

(2) How you are thinking, feeling, and behaving right now.

(3) How you want to think, feel, and act once you've reached your goals.

This is your chance to be *positive* with yourself! See how many positive changes differences you can identify. Why? Because this is how you get your *ego* aligned with your conscious desires!

Write something truly *inspiring* in your Success Journal.

- Success Exercise #57 -

Create A Fully-Integrated Vision Of Success!

This is one of the most powerful and potentially life-changing exercise you will do. Your first vision exercise was to create a vision of what success would look and feel like. Your second vision exercise was to dream bigger -- to really fire up the dream machine!

"Round 3" was to create your personal physical vision of your own body, and to practice the compassion that would make your envisioned transformation possible. Now, in Round 4, you are going to integrate all your earlier work to form the "grand vision" or yourself and your life!

You will do this in two stages. First, you will mentally "see" yourself IN your vision of success -- what your life looks and feels like when your goals become real.

Then you enhance that vision with detail and dialogue -- to make it sizzle! Bring as many details as you can into the image -- colors, textures, sounds, flavors, etc.

But the most powerful addition is dialogue. What are others saying to you? What are they saying about you? What are you saying to them? Make it very real. Make it a "day in the life." Remember that it needs to be in the first person and in the present tense. Go for it!

And write it all in your Success Journal.

- Week 5, Day 1 -

- Success Exercise #58 -

Creating Your "Plan B"

"Plan B" is a powerful tool that I have never seen in any other weight loss program. It's based on the (very logical) assumption that – being human -- there's a very good chance that you are going to screw up, that you will "fall off the wagon" and not stick perfectly to your Plan A.

So, given that falling off the wagon is a fact of life for most people (though NOT necessarily for you), it only makes sense to have a plan for when it happens, right? Why? Because most people, when they "blow it," on their diet, do some or all of these things:

- beat themselves up
- feel like a failure
- feel helpless
- feel discouraged
- get a "what the heck, I blew it, so why not just binge" attitude
- feel guilty
- feel disgusted
- feel hopeless
- give up completely

ALL of those things are bad! Don't go there! They are ALL not only unproductive, they are counterproductive. They make you unhappy, make you feel disempowered, and make you feel like you can't succeed -- which is exactly what you DON'T want to be feeling after you blow it.

The smartest thing you can do is to be prepared. So when (if) you DO blow it, here's what you need to have ready and waiting: Your Plan B consists, very simply, of what you *think, say* and *do* and tolerate (from yourself or others) when you fall off of your Plan A.

If you have been working with the program at all, you recognize the ingredients of the Three Levels Of Creation as part of your Plan B. Your objective is to have a pre-planned response when you blow it, so that you'll have something *positive* to do when most people will automatically be doing some or all of the *negative* things listed above.

Basically, you want to say and do things that are self-supportive, and that show patience, tolerance, forgiveness, understanding, and compassion. This will not only help you get back on track quickly, but will also help you feel good about yourself while you do it. What would you really like God to say to you when you blow it? Say that to yourself!

- Week 5, Day 2 -

- Success Exercise #59 -

Affirmations Stage 2: How To Create "Rocket Fuel" Affirmations

Step A - Look again at the 10 or so affirmations you previously created. Do they appeal to you? Do they excite you? Cause positive emotional reactions in you? Inspire you? Motivate you? If they don't then you need to rewrite them.

Make sure your affirmations touch on several different areas, such as appearance, health, energy, love, spirituality, relationships, joy, serenity, etc. These will become the *foundational* affirmations for your new life. And remember, you can change them whenever you want. *You* are the one who decides what your future will be, and *you* are the one who must affirm them.

Step B - Write and rewrite these affirmations until they sparkle for you. Each one should elicit a resounding "Yes!" from you when you read it.

Step C - The "C" is for Christ! If you are really serious about getting what you want, about making your dreams come true, now add the phrase "In the name of Jesus Christ" to each one of your affirmations. Why would we do this? Again, because God tells us to!

*Jesus said, "Until now you have not asked for anything in my name.
Ask and you will receive, and your joy will be complete." (John 16:24)*

You just can't believe what a difference it makes to ask for / affirm / confess what you want in the name of Jesus Christ. I know very well from personal experience, and this powerful "discovery" was a major turning point in my own life.

Step D - Say each of these affirmations with *passion* and *conviction*. Read them the first time and try to memorize them as you do. Then say them from memory, with passion and conviction. Say them like you *mean* them. Say them as if the power and passion you put into them will determine whether they actually come to pass -- because it will.

Note that we are using the 3 Levels Of Creation here, and for a very good reason. Though it may not be obvious, what you are doing is *literally* renewing (reprogramming) your mind. It was through a combination of agreement, repetition, commitment, and emotion that your current beliefs came to be as powerfully entrenched as they are.

The **ONLY** way to change them is to use the same tools you used to create them in the first place. You have LOTS of years of entrenchment to overcome, so say it like you mean it. Say it like your life depends on it -- because it does.

If you are afraid someone else will hear you and think you're weird, then go find a place where you can get loud without embarrassment. Remember: This is about YOUR life, not theirs. They are responsible for the condition of their life, as you are for yours. Now's your chance to do something about it, so GO FOR IT! (As long as it takes.) Go at the pace you like.

But remember, you *will* reap as you sow. And if you don't sow? Well, you just won't reap. There's simply no way around it. It's God's Law.

- Success Exercise # 60 -

Are You *Really* Doing The 15 Daily Actions?

A major key to your success is your unwavering commitment to *daily* action. You should devote at least one solid block of time every day for the first month or two to taking the actions that will allow you to make the changes that count.

Take some time today to really focus in on those 15 Daily Actions. Eventually, you will find that they no longer need to be "set apart" from your daily routine, but will instead be smoothly integrated into your new life. But in the beginning, you simply **MUST** make a firm appointment with yourself every single day to do what needs to be done.

This is not work! It should not be seen as work, a chore, a task, or any other unpleasant thing. Quite the contrary, see this as the opportunity it truly is to make happen what you most deeply desire: to have a healthy body, mind, and spirit. This is how you "trade in" the parts of your current life that you don't want for ones you'll love! The **ONLY** thing you really need to do to make that happen is to re-prioritize 30 minutes or so a day so that they become an investment in your own future.

Remember that the life and self you are experiencing today are nothing more than the "harvest" you are reaping from the thoughts, words, and acts you planted yesterday. By the same token, tomorrow's reality will be the harvest of today's thoughts, words, and deeds.

With that awareness firmly in mind, here is today's assignment: Go back and review the 15 Daily Actions. See if you can understand the purpose and value of doing them every single day. Don't worry that there are 15 of them. You can do all 15 in a matter of minutes, once you're used to doing them. So go now, and take another look at the 15 Daily Actions that, ideally, will become part of your everyday routine from now on.

- Week 5, Day 3 -

7 Ways & Reasons To Zap Stress -- Before Stress Zaps You!

What does stress have to do with fitness, fat loss, or health in general? Why would you want to zap stress? Could it really zap you? If you don't already know the answers to all of these questions, you will in a minute. (And if you like, you can get the facts about my latest book, *Stress Free--God's Way!* at www.StressFreeGodsWay.com)

Let me start by making it clear that the kind of stress we're talking about here is psychological in nature. We're not talking about the body/physical stress that comes from picking up something that's way too heavy, being slammed with the flu, or getting your foot run over by a truck.

We're talking about the kind of stress that you "feel" in your life -- the kind that most of us are living with every day of our lives. We're talking about the kind of stress that people talk about when they say, "Man, I am totally stressed out!" or "Wow, what a stressful job interview / presentation / performance review that was!"

But what can you do about stress? Isn't life just going to be stressful sometimes -- and really, really stressful other times -- no matter what we do? The answer to that question may surprise you...in a good way!

1. First, Understand That Stress Is A *Self-Inflicted* Condition. Yes, believe it or not, any and all stress of the psychological kind is self-created (and thus, self-inflicted). How can this possibly be true? What person in their right mind would create / inflict stress upon themselves?

Ah, there's the catch. Nobody in his "right" mind would inflict stress upon themselves. But you see, it's a largely (or entirely) unconscious process. It's something we learned to do. Creating stress is, in fact, something we have been programmed to do in certain situations and under certain conditions.

While the specific details of our individual "OK, this is stressful" recipe varies from person to person, the mechanism is always the same. At some point in your life, you developed your own, unique, stress-creation equation, and whenever all the "right" ingredients are present, voila!, you create stress -- automatically, unconsciously, and predictably.

2. Be Aware That There's Good Stress And Bad Stress. As pioneering stress researcher Hans Selye pointed out decades ago, not all stress is negative. He used the term "eu-stress" (as in "euphonia." or "The Eurhythmics.") to describe the healthy stuff.

How can stress be healthy? It's healthy when it inspires you and motivates you to accomplish good things, to reach your goals, or just to get out of bed in the morning. Eu-stress is created when you understand the difference between where you are and where you want to be, and then have a healthy (not frenetic) desire to get there.

Eu-stress is what I call the "kids on Christmas morning" kind of stress. It's exciting in a good way. Eu-stress is also created when you understand that you don't have to make yourself crazy, beat yourself to death, slay the dragon, keep up with the Joneses, be the first one on your block, or "knock 'em dead" to get what you want in life.

A life with zero stress would be boring and unhealthy. But a life high in negative stress is even more unhealthy. So you need to understand how, when, and why YOU create stress, and become the conscious source of the stress in your life -- and not the unconscious victim of it.

3. Understand That Negative Stress Impairs All Healthy Body Functions. In fact, negative stress can literally kill you. Psychological stress can lead to so much physical stress that some essential body function can shut down entirely -- most often, your heart. Or if excess stress doesn't kill you outright, it can make you wish you were dead, or make you

one of the "living" dead. (Maybe you have already met a few of them? Maybe you are becoming one of them?)

High levels of negative stress cause hypertension (elevated blood pressure) due to increased pulse rate, constricted blood vessels, or both. It also causes diminished coping ability resulting from low energy and fatigue, due to the constant drain on your resources.

Negative stress also leads to poor digestion and poor nutrient assimilation, again, a negative consequence of reduced circulatory function. This can lead to constipation and, over time, to colitis, diverticulitis, and some really serious colon problems. I could go on, but I think you get the point.

4. Know That Stress Can Lead To Being Overweight In At Least 3 Ways. Negative stress has been clinically proven to cause increased production of the hormone cortisol. Elevated cortisol levels lead directly to increased body fat.

Stress also leads to "compensatory" eating. What's that? It's when you turn to food, not out of real physical hunger, but out of a psychological craving. It's when food is used as a pacifier instead of a nutrient source, as an "escape" rather than a source of sustenance.

And, as we saw above, stress leads to impaired digestive function. That leads to poor digestion and poor assimilation, which can (and does) cause us to eat more than we need AND retain it longer in our bodies. Result? Excess weight.

5. Remember That You Always Have Options Other Than Creating Negative Stress

You really do have a choice. You see, it's not an event itself that creates stress in our lives. It's our perception of that event, what we tell ourselves it means to us. All events are "neutral." It's only our personal interpretation that gives them meaning - to us.

And what underlies our personal interpretation? Our own unique set of beliefs and attitudes. More accurately, it's our "personal programming" that really does the interpreting, which means that it's almost never a conscious process.

In the end, it's our unique personal programming (most of which is operating on an unconscious level) that really determines the amount and kind of stress in our lives. And that personal programming really does differ a great deal from one person to the next. For example, one person may see a car crash as exciting, while another sees it as tragic. Who is right? Neither. Or both. Take your pick. After all, it really is up to you!

6. Understand That Some Stress Is Normal, Inevitable, And Even Desirable. There is really no way to live a totally stress-free life, and we wouldn't want to anyway. So the key to successful living is to learn to manage (i.e., reduce) your stress, and to keep an optimal balance between negative stress and eu-stress (i.e., enough of the latter, not so much of the former).

There are lots of books, tapes, CDs, etc. available to help you learn about and manage the stress in your life. But the ultimate secret of stress management is in understanding that stress is

"optional." That is, you can truly opt to create it or not under any given set of circumstances.

7. Best Strategy: Lighten Up! Nobody Gets Out Of Here Alive. Worry is probably the single source of stress in contemporary life. But you really are in charge of what goes on between your ears. So simply refuse to worry.

Worrying is a lose-lose-lose scenario. It makes you feel bad in the present, it drains your energy and thereby reduces your coping resources -- just when you may need them the most. And it causes you to make decisions based primarily in fear rather than on a rational, healthy, relaxed assessment of your situation.

Don't take it all so bloody seriously! Simply refuse to participate in the American Nightmare. Let the American Dream be enough. Don't join the "get mine before you get yours / king of the hill / claw my way to the top" crowd. That's just a race to the grave -- the fast lane to tombstone hill!

What good is a life filled with "stuff" if you're too busy or stressed to enjoy it? What good is a huge bank account if you drop dead before you can spend it? What good is a 10,000-square-foot house if you're always slaving away at the office? So relax. That's an option, too!

- Success Exercise # 61 -

Identifying Your Top 5 Sources Of Stress: Stage 2

Remember the 5 major sources of stress in your life that you identified back in Success Exercise # 14? You were looking for a link to unhealthy or excessive eating from each of those major sources of stress. Did you find it?

What do you think is the consequence to you of having that stress in your life? How might you be able to reduce the stress level re each item on the list? Write down at least one idea, preferably two, for each item explaining what you could do to reduce your stress in each area.

Whose job is it really to reduce the stress in your life? How will you benefit when you do? Review Success Factor 4. Have you been pretending that someone else in your life is responsible for the presence of the stress you experience?

Are you willing to take responsibility (but not blame)? Responsibility is power! Responsibility says, "I can change this!" Blame is a statement of powerlessness, as well as a lie. You DO have the power. Don't even deny it!

The Hidden Secrets Of Stress Reduction

Where is your focus? What are you thinking about the most? If you focus on what's wrong with your life, how will you feel? How do you think anybody would feel who focused on that? On the other hand, what if you focused on your blessings and all the good things you do have? How do

you think that would make you feel?

You have the power to virtually eliminate stress from your life. And that is such an important thing to do, not just for weight loss, but for your health in general and for your life. This brief expression says it all:

Faithful Spirit >> Peaceful Mind >> Healthful Body!

The key is to realize that you truly do have the choice of where to focus. And focusing on your faith in God's promises is the very best place to start! Here are my 3 favorite Scripture based prayers for instant stress reduction.

1. The *Lord* is **my** shepherd. I shall *not* want. (And I say it like I *mean* it.)
2. Who, by worrying, can add a single day to his (life) span?
3. My faith in Christ now brings me the peace that passes understanding.

- Success Exercise #62 -

What Are You Tolerating In Your Life?

All of us, whether we know it or not, are tolerating dozens of things in life. Some are small, like a bathroom faucet with a very slow leak. Others are huge, like a job, house, or spouse we can't stand. Every one of these tolerations in our lives robs us of energy in proportion to its "status" and in proportion to how long we've been putting up with it.

What does this have to do with weight loss? Quite a bit, actually. When we are at peace, when stress is minimized or eliminated, we tend to generate our healthiest behaviors. As our level of stress increases, our ability to respond to life's challenges decreases. This is easily demonstrated by observing rats in an overcrowded cage, or humans in an overcrowded life.

Tolerations chip away at our coping resources in ways we're completely unaware of. But the decline in our serenity level and coping ability very, very often shows up as what's called "compensatory" behavior. We do something to compensate for our problem. If our lives feel unpleasant, we do something that feels pleasurable.

For many of us, it's a drink at "happy hour." For many of us, it's compensatory eating. For more than a few, it's both. Whether we know it or not, we may be "tolerating" ourselves into early graves, and into progressively less fit bodies while we wait.

The cure? Ferret out these tolerations and get rid of them. The first part of this exercise is to list 40-100 things you're tolerating in life right now. You may not be able to list all of them in one sitting, but you can definitely add to your list every day if you make it a point to do so.

After you've made your list, see how many of them you can get rid of, and how fast. If necessary,.

devote an entire day just to hacking items off your list. I give you my personal guarantee that this exercise will have a much bigger impact on your life than you think. Create a page in your Success Journal *just* for your tolerations. See how many things you can add to it *and* how many you can then get rid of.

- Week 5, Day 4 -

The Life-Transforming Power Of Forgiveness

It never ceases to amaze me how many of my clients are going through life with unforgiveness in their hearts, having no idea that it could actually be part of the reason they can't lose weight.

Forgiveness is one of Christ's most important teachings for many different reasons. But first and foremost, forgiveness is about clearing the blockages from our own life. Regardless of whether the other person knows -- or cares -- that we have not forgiven them, our failure to forgive will be a millstone around our neck for as long as we keep carrying it.

"This is the covenant I will make with them after that time," says the Lord. "I will put my laws in their hearts, and I will write them on their minds." Then he adds: "Their sins and lawless acts I will remember no more. And where these have been forgiven, there is no longer any sacrifice for sin." (Hebrews 10:16-18)

People screw up. They make mistakes -- often. So do you. It's part of being human! But we are also created in God's image and likeness. So if God is so willing to forgive the inevitable human errors, why shouldn't we be just as willing?

Of course, the person we most need to forgive is often ourselves. I ask my clients what is the "statute of limitations" on whatever "crimes" they may not yet have forgiven themselves or others for. What is the emotional statute of limitations on whatever offenses *you* may have committed against others, or others have committed against *you*? How do you think that might be influencing your life right now?

Praise the LORD, O my soul, and forget not all his benefits—who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's. (Psalm 103:1-5)

Unforgiveness towards *anybody* blocks our love for *everybody*. We block the flow of love, and then can neither give love nor receive it. Why not just let Jesus be the example you follow?

Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother when he sins against me? Up to seven times?" Jesus answered, "I tell you,

not seven times, but seventy-seven times.” (Matthew 18:21, 22)

- Success Exercise #63 -

Forgiveness

With whom in your life are you holding onto negativity in any form (anger, jealousy, etc.)? List all the people (including yourself) you have not forgiven for anything and everything. What did they do and why is it so difficult to forgive them? (More about this later.)

God wants us to forgive so we can open the door to our receiving. The Lord's Prayer tells us that we are forgiven in the same way we forgive others. Not receiving what you want? What are you still holding onto that might be having a negative effect on your life? The answers are in 7 parts:

1. Who do I need to forgive?
2. What do I need to let go of?
3. What have I gained by holding on to this?
4. What has it cost me? .
- 5.. How much longer am I willing to put this off?
6. What will it cost me if I don't?
7. What will happen if I just let go?

- Success Exercise #64 -

Assessing Your Behavioral Plan / "Plan A" -- How Is It Working?

Well? Don't keep me in suspense? How did you do? How is your Behavioral Plan (Plan A) going? Did you stick to it? If so, how did it go? Do you feel like it's doable? Sustainable?

What, if anything, needs to be changed or modified? If you blew it, did you go to Plan B? If so, were you able to get back on track quickly? Slowly? Not at all? If you maintained your best behavior, keep doing that and keep this in mind:

Remember, as we noted earlier, there are three combinations of "diet & exercise" you can be doing at any given time. The first combo will produce weight gain, the second combo will keep you right where you are, and the third will produce weight loss at some pace.

Your goal is to do #3 until you can do # 2. Which means that you will need to create a Plan A that actually results in steady weight loss at some reasonable rate (a few pounds a week is not unreasonable), AND you will have to actually FOLLOW your plan. Are you having more trouble with creating a workable plan, or with following the one you created?

- Week 5, Day 5 -

Understanding And Eliminating Fear

The key to getting what we want in life is to have a clear, unobstructed focus on what we want. What obstructs our focus? Fear and doubt. Fear is prophesying failure. Worry is meditating on the lies of the enemy. Living in fear brings about the enemy's plan for your life. He cannot do a thing to you until *you* think fearful thoughts, speak words of fear, or act out of fear.

In effect, fear is our way of telling God we don't trust him. Fear is our way up telling God we don't think he has our lives under control. So what's the solution? So if you find yourself in fear, the cure will be found in faith, because living in faith brings about God's plan for you life.

There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love. (1John 14:18)

Why does perfect love cast out fear? Because fear connects you to the enemy, while love connects you to God. Like light and darkness, love and fear cannot exist in the same place at the same time. So you can be in fear, or you can be in faith, but you can't be in both at the same time.

Fear Breeds Worry

Wherefore, if God so clothe the grass of the field, which today is, and tomorrow is cast into the oven, shall he not much more clothe you, O ye of little faith? Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed? (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things. But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you. (Matthew 6:30-33)

Again, success is all about priorities. Get connected to God *first*, then all else will fall into place. Terms like "Do not be afraid / fear not / do not fear / have no fear / be not afraid" appear in the Bible approximately *90 different times*. Terms like "believe / have faith" appear in the Bible approximately *362 different times*. Is there a message for us in those 450 Scriptures?

Fear & Worry Kill, Faith Heals

Why? Because fear is "reactive" and faith is "proactive!" What should we do about it?

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." (Philippians 4:6,7)

The beauty of putting Jesus in your life is that you are no longer in the battle alone! You have constant companionship, constant comfort, and constant intercession. What an astounding

improvement over going it alone!

So stop serving the "prince of the air" (Satan) and start serving the Prince Of Peace—Jesus! Peace is a major key to human success. All our problems come from a lack of peace. The presence of fear equals the absence of peace. The presence of fear is the result of buying into the earthly illusions, the enemy's deceptions.

The fruit of righteousness will be peace; the effect of righteousness will be quietness and confidence forever. (Isaiah 32:17)

How We Actually Create What We Fear!

Faith is not some abstract concept. Faith is a spiritual force. But so is fear. If you live, think, act, pray, in fear, you sow the seeds of fear and reap the harvest of fear. Job offered his sacrifice to God out of fear, not faith. That's why he ended up creating what he feared—just like we do!

What I feared has come upon me; what I dreaded has happened to me. (Job 3:25)

Fear blocks blessings that would otherwise be flowing to you from God. See the negativity in your life like a bunch of old rotten leaves clogging your downspout. The blessings God is trying to send you are blocked because they can't break through your own fear and negativity.

God can only help you up to the point where you drop out of faith and slip into fear. Fear is actually faith that you'll get what you *don't* want. And fear is *not* from God.

For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind. (Titus 1:7)

Favorite Tricks Of The Enemy

No matter who you are or how spiritual you are, the enemy can still come against you. And he will come against you more if he thinks you are about to get away. The more you try to rise up and out of his grasp, the more he will try to drag you down.

How does the enemy come against you? Not as a pointy-tailed, horned figure. That would be way too easy to spot. He is "the great deceiver," and his approach is subtle and not easy to spot. But if you know what to look for, you can spot his efforts every time he comes against you.

The enemy does not want you to be happy! He does not want you to reach your goals. He thrives on your misery. He savors your pain like you savor a milk shake or a good steak. The same enemy that tempts us to do wrong is the same one that then fills us with self-condemnation for doing it! His job is to keep us too confused to seek God. The enemy's job is to keep us so busy doing the things that *don't* matter that we can't get to the things that *do* matter.

"Fear Tolerated Is Faith Contaminated"

The enemy's #1 job is to keep us from discovering, acknowledging, and experiencing our God-like spiritual nature. He wants to keep us focused instead on what's wrong—on problems, not on solutions. He wants to keep us bogged down in our earthly nature, with things like drugs, alcohol, compulsive / excessive eating, obsessive sex, codependent relationships, gambling, and a generally material focus. How to do the enemy's bidding:

1. Deny your own godliness.
2. Believe what the world tells you
3. Leave Jesus' gifts unopened.
4. Deny your God-given powers.
5. Leave your mind unrenewed.
6. Live in fear, doubt, anxiety.

The degree of control the enemy has over your mind is measured by your resistance to doing the things that will improve your life and align you with God's Word. Remember, your body and mind did not get saved—just your spirit. The solution? Trade in your fear for faith!

Faith Is Everybody's Answer!

Here are just a few of the hundreds of Scriptures attesting to the power of faith:

And he said unto them, Why are ye so fearful? how is it that ye have no faith? (Mark 4:40)

And he said unto her, Daughter, thy faith hath made thee whole; go in peace, and be whole of thy plague. (Mark 5:34)

When Jesus saw their faith, he said unto the sick of the palsy, Son, thy sins be forgiven thee. (Mark 2:5)

By what law? of works? Nay: but by the law of faith. (Romans 3:27)

Faith – The just shall live by faith. (Galatians 3:11)

How To Live In Faith

A big mistake people make regarding faith is not understanding the cause-effect relationship between faith and "manifestation"—having things actually "show up" in your life. Faith comes *first!* We need to have faith *before* we can expect God to bless us with the desires of our heart.

We live by faith, not by sight. (2 Corinthian is 5:7)

How do we take our faith to the next level? Here are two powerful ways. First, let go and let God handle it, because Jesus is the author and finisher of our faith:

Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God. (Hebrews 12:2)

Second, stay in the Word and out of the world.

So then faith cometh by hearing, and hearing by the word of God. (Romans 10:17)

There is no better cure for faith and doubt than getting in the Word and staying there!

- (Very Special) Success Exercise #65 -

Using The "LLSA" To Actually Measure Your Fear / Faith Ratio

Your Success Exercise for today might be the most important one you'll do in this program. You will be taking a very special "self-test" called the *Life & Love-Self-Assessment* (LLSA).

It's not part of this ebook. You got it as one of your free bonuses. So what you need to do now is go find it right now, print it out, and take it. I guarantee you'll learn some interesting things about yourself. Whatever you discover, write it all down in your Success Journal.

One of the greatest American presidents, FDR, said something every Christian needs to understand on a very deep level" We have nothing to fear but fear itself."

The enemy's job is to keep you in fear and out of faith. Your job is to stay in faith and out of fear. Who is winning that battle? Go take the LLSA right now, and find out for yourself!

- Week 5, Day 6 -

What's Eating *You*?

Every day, more and more people are hearing and understanding an expression that sums up both America's burgeoning obesity epidemic and our tragic 96% weight loss failure rate:

"It's not what you're eating. It's what's eating you!" As part of meaningfully keeping your ongoing "Diet & Exercise Log," it's time to add in your thinking as well.

Success Exercise #66

What You're Eating...And What's Eating You!

Step A - Now that you have been keeping a record of your eating behaviors for a week, it's time to separate what you do into two basic categories:

Category 1: Normal, healthy, necessary daily food intake. In this category you include what could normally be considered your "three square meals" a day. This is what you would eat if you were ONLY eating three simple meals a day, and not eating more than you actually needed to maintain your *healthiest* weight.

Category 2: Everything else. Into this category goes everything that is not part of what you would need to stay at your healthy target weight. Included here is all snacking, all between-meal eating, all junk food, all after-dinner eating...everything you just know isn't necessary, healthy, or likely to help you get to your healthiest weight and stay there.

Step B - This step asks you to get in touch with yourself and your habits, and to a greater degree than you would normally do. Your job is to find out what you are *thinking and feeling* when you are eating things you shouldn't be eating.

As we saw back in Success Exercise # 17, virtually all unnecessary eating is done to "compensate" for something we think or feel is "missing" from our life. As you can see, compensatory eating is not about the food. It's not even about *physical* hunger. In fact, it's not about anything physical at all.

It's about trying to solve a non-physical problem with a physical substance. This misplaced "solution" is, in fact, at the heart of our current obesity epidemic, and makes it clear why dieting is such an ineffective weight control approach.

The real solution is to first *identify* what thoughts or feelings are leading you to eat what you don't need when you don't need it.

It may take you several days to find out what your compensatory eating is really all about, but this one insight may do more to solve your weight problems than any other single thing you do. So your assignment is simply to be as conscious as possible about what's going on inside you on nonphysical levels when you feel the urge to involve yourself in non-essential eating.

This is a GREAT topic to write about in your Success Journal!

- Week 5, Day 7 -

- Success Exercise #67 -

Integrating Your Affirmations and Visualizations

Here's where you really begin to tap into your God-given ability to create. When you combine the power of your newly energized beliefs with the power of your heartfelt vision, you turn the creative volume WAY up. Ideally, you are also doing your 15 daily activities.

What you are doing in this exercise is to blend what you *affirm* that you want to become true for you with what *envision* as being true for you. In doing both of these things, you launch a powerful attack on the "status quo," which is what has kept you where you don't want to be.

Never forget that you are creating your own reality 24 / 7 / 365, and have been doing so all your life. Whatever is in your life right now is the product of what you have *believed* and what you have *envisioned* in the past. This is not theory. *This is how life works.*

The tragic 96% failure rate among people who try to lose weight is a powerful testimony to the fact that whatever most people are doing is pathetically ineffective. Never forget that being overweight is NOT a physical problem, but simply a sign of problems on nonphysical levels.

It's those nonphysical levels you need to make an impact on *before* you can see the changes you want to see on the physical level. And the way you will do that is to put your heart into what you are doing right now, in this exercise.

Affirm what you want. Say it like your life depended on it. Visualize it being real. And get *passionate* about it. This is your life! Without your passionate involvement, *nothing* will change, and the status quo will prevail IF you're not willing to get excited about creating it as you *want* it to be, you might as well not bother with any of these exercises.

So I invite you to put the pedal to the metal and fly off in the direction of your dreams! As always, write all your responses/reactions in your Success Journal. But don't forget to...

Spend Some Quality Time With God, And Really Enjoy Your Day!

Yes, it's time again to involve yourself in some social and/or spiritual activities. Get out into nature. See the "divine hand" in the great and beautiful outdoors. Get in touch with your true nature and with the fact that you are made in your Creator's image, and so is everyone else.

Get in touch with yourself as a Child Of God, and practice seeing that in others -- no matter how challenging it may seem. Realize that you were designed and *intended* to "have it all," and that the only barriers to doing so are RIGHT NOW in the process of being eliminated -- by you -- in your daily Success Exercises.

This is *another* great topic to write about in your Success Journal!

- Week 6, Day 1 -

Barriers To Success, And How To Overcome Them God's Way!

Any time you set out to solve a problem or change your behavior, you're going to meet some obstacles along the way. Because I help people lose weight as my profession, what you'll find here are first-hand observations about what actually works -- rather than a bunch of theory.

The solutions you'll find in this section are very difficult to put into neat categories because they cover the entire range of human experience. The good news is that God has a solution for every human problem, so you'll find abundant Biblical confirmation here as well.

When you encounter obstacles on your way to victory, you'll have a tremendous advantage if you know what to expect. So let's get started by understanding...

Your Programmed "Set-Point" vs. Your Will Power

Because of the beliefs and attitudes you've accumulated so far in life, your personal programming is "set" to keep you at or near a specific weight. This is your "set point," and it is intimately linked to your own self-image and self-concept -- and is a big part of why you've been on "auto-pilot" to be where you are *right now!*

Now you can see why relying on will power to help you lose weight typically backfires. In fact, relying on will power can actually lead to weight gain, as your unconscious motivations "fight back" at your conscious attempts to go against them.

Here's how it works: Your set point determines your weight, and your self-image determines your set point. It's virtually all *unconscious*, and any *conscious* attempt to change is just wasted effort. If you want to change your weight, you will need to reset your set point. You do this by changing your self-image -- by reprogramming -- renewing -- your own unconscious mind.

And therein lie the roots of our weight problems, as well. We are so strongly identified with the physical world that we habitually look to it for solutions. It is this preoccupation with the physical realm that actually *keeps* us from being able to lose weight. So do not fear to have your mind renewed. Instead, look at the following lists to help you expose your worldly thinking:

The World's Way

- sin
- guilt
- worry
- fear
- self-condemnation

God's Way

- prayer
- faith
- confidence
- the Word
- living in righteousness

Symptoms Of Living Life The World's Way

- physical focus / "things"
- what I have / don't have
- material goals
- cater to the flesh
- anxiety, stress
- never satisfied
- compare self to others
- fear and doubt
- worry & anxiety about tomorrow
- seldom in the present
- competitive
- I want, I think, I feel
- what bothers me
- self-focused / self-absorbed
- worldly priorities
- never have enough
- guilt and blame
- what can I get
- figuring it out / figuring out "how"
- guilt about yesterday
- I gotta make it happen
- pride and effort (vs prayer and faith)

- Success Exercise #68 -

Zeroing In On Your SSBs

Remember fear is *not* from God, but is the enemy's tool. To expose your fear for the lie that it is, *write down* every single reason your mind comes up with as to why you will not succeed.

Don't leave your fears vague and undefined. When you do that, you're playing right into Satan's hands. If you don't clearly identify and define your fears, you can't target them and destroy them.

The New Covenant And You

If you are a Christian, you need to know that you are *not* living under the Old Covenant -- the list of rules and regulations handed down to Moses by God. Life in Christ is not about following a bunch of written rules and regulations. It's not about the letter of the law. It's about the spirit.

When you were dead in your sins and in the uncircumcision of your sinful nature, God made you alive with Christ. He forgave us all our sins, having canceled the written code, with its regulations, that was against us and that stood opposed to us; he took it away, nailing it to the cross. (Col.2:13-14)

This Is How You Block Your Blessings:

- fear
- doubt
- don't have faith
- neglect the Word
- give up / don't persevere
- don't believe
- don't learn how it all works / don't renew your mind
- focus on problems instead of solutions
- stay in earthly priorities
- don't take responsibility
- don't take appropriate action
- look to human "wisdom" for your answers

If you have not lived God's way up to now, your life probably shows it. It's not your fault, because you grew up surrounded by powerful influences that didn't understand or appreciate what God has to offer. That's why our priorities are so far from the mark, and why our culture is in the mess it's in.

You must understand that *your own bad priorities* were acquired from the culture you grew up in, from those closest to you. Those backwards and confused priorities were dumped on you when you were too young and innocent to resist them.

But that was then, and this is now. Now the power to make the changes you need is yours for the asking! But to receive your blessings, you must learn to live in faith, not fear. If you want improvements to "show up" in your life, you must first have faith that they will, because faith is the "foundational material" for all substance. That's why we are told in Hebrews 11:1,

Faith is the substance of things hoped for, and the evidence of things not seen.

Whose faith? Your faith. What evidence? The evidence to God that you are serious about bringing what you want into being. What things? Whatever things you want! What you want *is yours* to the degree you can get in faith and stay in faith for it. That includes both things and conditions -- health, wealth, and wisdom.

Hoping creates nothing. Wishing creates nothing. Desire creates nothing. And belief is only a step in the creative process, without which belief can create nothing. Vision is the first step. Belief in your vision is the next step, and then come faith and affirmation of your belief.

Faith is the fuel of your creative power (Hebrews 3:4). But once you are in faith, you must *stay* in faith!

They believe for a while, but in the time of testing they fall away. (Luke 8:13)

Here is a list of "ingredients" that add up to lasting success:

- a deep desire to solve your problem
- determination & commitment to make it happen
- ability to take 100% responsibility (because taking responsibility is the key to power)
- willingness to let go of bad information
- access to good information
- daily practice: doing what works everyday, regardless
- staying in faith
- patience + persistence = power

You also need to understand the difference between having sin consciousness (which most of the world has) and righteousness consciousness. Sin consciousness always leads to guilt and blame, which lead to low self-esteem, which leads to weight problems. Here are your options:

You can Live In Sin Consciousness [or] Live In Righteousness Consciousness

- | | |
|--|-------------------------------------|
| - notice it | - notice it |
| - deal with it the enemy's way | - deal with it God's way |
| - feel bad about it, get angry about it, | - confess it |
| - feel lousy, guilty, unworthy | - repent it |
| - beat yourself up about it | - forgive yourself for it |
| - stay stuck in it and learn nothing | - get on with your life a bit wiser |

If you want to find out where you have been operating in sin consciousness, the Life & Love Self-Assessment (see Bonus #2) is the perfect tool for identifying where the enemy has been messing with your life. It's the best way to "destroy the destroyer." It will help you:

- 1 - Identify your weak spots
- 2 - Target the changes you need to make
- 3 - Get those changes happening in your life
- 4 - Experience your victory!

God's Perfect Solutions

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (Philippians 4:6)

But seek first his kingdom and his righteousness, and all these things will be given to you as well. Matthew 6:33)

Righteousness = right living = right priorities = right choices = right outcomes!

Understand and respect your own God-given divine nature. Once you do, unhealthy food and unhealthy eating will no longer be seen as a reward. It will no longer even appeal to you. In fact, you will come to see it as a punishment -- as the self-abuse that it truly is. You will actually come to see hunger pangs and a grumbling stomach as signs of healthy living instead of signs of self-deprivation and cues to go feed your face.

More Keys To Victory

Repressed Emotions Are Deadly - Let your feelings up and out. God knows what's on the inside. All you can fool is other humans -- and they don't matter!

To what can I compare this generation? They are like children sitting in the marketplaces and calling out to others: 'We played the flute for you, and you did not dance; we sang a dirge, and you did not mourn.' " (Matthew 11:16-17)

Stay With The Program!

*So do not throw away your confidence; it will be richly rewarded.
You need to persevere so that when you have done the will of God,
you will receive what he has promised. (Hebrews 10: 35, 36)*

Pray Like You Mean It! Be bold! Put your energy and passion into it. Tell God what you want, need, and desire. (see the Jabez prayer, Luke 18) We can't produce the supernatural, but we can open the door for God to produce it in our lives.

Don't Give Up! You're Not In It Alone! If you will start it, Jesus will finish it.

Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God. For consider him that endured such contradiction of sinners against himself, lest ye be wearied and faint in your minds. (Hebrews 4:2,3)

Be Willing To Move Toward Your Goals One Step At A Time! - If you were lost in the wilderness in desperate need of food and water, and you saw a little country store a few miles off in the distance, would you say to yourself, "Oh, that's too far away. I need gratification right now."

Or would you take a step toward that store, even if a single step didn't "obviously" move you any closer to it? You'd take a step! And then another. Because you know that you can only get to any distant goal one step at a time!

Trade In Your Self-Destructive Rewards For Life-Enhancing Ones! – Self-discipline and "good behavior" will become great joys and rewards in themselves, and the benefits will extend into every area of your life. I promise!

The clinical research also made it clear that people lost more weight and kept it off when they had the support of others. And the Bible certainly confirms the importance of group support:

*Wherefore comfort yourselves together, and edify one another,
even as also ye do. (1 Thessalonians 5:11)*

Brothers, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself, or you also may be tempted. Carry each other's burdens, and in this way you will fulfill the law of Christ. (Galatians. 6:1, 2)

*Confess your faults one to another, and pray one for another,
that ye may be healed. (James 5:16)*

So make a real effort to enlist those around you as a " support team" as you move toward your weight loss goals. Of course, if you are truly serious about getting maximum results in minimum time, the next section will tell you about the ultimate "fast track" to weight loss success!

- Success Exercise #69 -

What's *Really* Happening Inside Your Head?

NOTE - Spend some *serious time and effort* on today's exercises, as they can reveal vast amounts of information about the real, root cause of your weight issues if you let them. This is an excellent way to start "surfacing" some deeply hidden SSBs, so be willing to stay with this exercise and see how much mileage you can get from it.

**Part A - What Is Your Complete Inner Experience
When You Are Honoring Your Behavioral Plan?**

What is your complete inner experience when you are able to follow your Behavioral Success Plan (Plan A) instead of giving in to your habitual self-sabotaging behaviors?

- ◆ What are your thoughts -- all of them?
- ◆ What are your feelings -- all of them?
- ◆ What is your "inner dialogue?"
- ◆ Who are the "two" parties having it?
- ◆ Who wins, and why?

**Part B - What Is Your Complete Inner Experience When You
"Fall Off The Wagon" And Have To Invoke Your Plan B?**

What is your complete inner experience when you go from "good behavior" to self-sabotaging behavior?

- ◆ What are your thoughts -- all of them?
- ◆ What are your feelings -- all of them?
- ◆ What is your "inner dialogue?"
- ◆ Who are the "two" parties having it?
- ◆ Who wins, and why?

Write a LOT about all of these things in your Success Journal!

- Week 6, Day 2 -

Success Signs You May Experience Along The Way

Some Clearly Positive Signs Of Success:

- ◆ You Weigh Less!
- ◆ You're Confident Of Success
- ◆ Feel Increased Aliveness
- ◆ Find A Better Connection With God
- ◆ Joyful Sense Of Accomplishment
- ◆ You Enjoy Improved Health
- ◆ Excitement Replaces Depression
- ◆ You Become Inspiring To Others
- ◆ You Feel "Lighter" All Around
- ◆ You Reduce / Eliminate Meds
- ◆ You're More Socially Active
- ◆ You're More Prayerful
- ◆ You're More Thankful
- ◆ You Enjoy Reduced Stress

Some Not-So-Obviously Positive Experiences On The Road To Success (And What's Most Likely Going On Below The Surface):

You Experience Ego Resistance - This is 100% predictable, and can create *all* of the following:

You Feel Panicky - To be expected as old beliefs (SSB&As) fall by the wayside.

You Want To Quit / Give Up - Remember, your Factor 1 SSB&As are always the last to go.

You Feel Physically Yucky - Can come from physical or psychological detox

You Have Some Headaches - Again, can come from physical or psychological detox

You Feel Dispirited - As you replace bad beliefs with good, your spirit is being reborn!

You Feel Depressed - All SSB&As can create this as they make way for healthy beliefs.

Occasional Backsliding - 100% normal, and a clear indication that you moved forward.

Grumbling Stomach - You will come to see this as a happy sign of success!

Fear About Success / Fear Of Failure >> Again, Factor 1 SSB&As are the last to go.

You Worry - You will always worry -- until you get serious about living in **faith!**

- Success Exercise #70 -

Major Review: Looking Back At Your First Five Weeks

Part 1 - Now it's time for a *comprehensive reassessment and review* of everything else you've done so far. Based on what you've discovered during the exercises so far, do you want to make

any changes in your affirmations or in your visions? Have you set realistic goals? Have you challenged yourself too much? Not enough?

Take a moment to *really* reflect on what's different in your life since you began these exercises. Do you feel any different? Do you look any different? Is the scale telling you anything different? Be fully aware of any progress you have made -- or if you even gave it all a fair shot.

Look again at your notes in your Success Journal. Without some sense that you're moving in the right direction, it's tough to stay motivated. Unless your affirmations and vision are sufficiently compelling, and resonate with *who you truly want to be*, they won't provide you with the emotional fuel to do your Success Exercises or your 15 Daily Actions.

You see, a well-designed affirmation/vision combination -- once established -- will actually pull you toward it. You won't have to struggle to create your own motivation every day. Rather than draining you, it will invigorate you, it will act as a source of energy. If this is not happening for you, it may be time for a re-evaluation of your dream or a renewal of your commitment to it.

But if you seem to be on course, just keep in mind that *healthy and lasting change will come -- and can only come -- through making meaningful changes on levels that **matter**.*

Part 2 - Identify Your Major Success Barriers

By now you're probably getting a very good idea what your major barriers to weight loss success are. You may have discovered that what you initially saw as your major barriers were actually not the biggest ones. Now that you've gone deeper than what could be seen from the surface, you can better identify and target your real barriers.

They may have to do with any one of the Success Factors, or with several of them. But whatever you have discovered, this is the time to put them in writing once again--not so you can affirm them, of course, but so that you can target them for eradication!

Write EVERY ONE of your major barriers to weight loss success in your Journal, and write any thoughts, feelings, or insights that are associated with each of these barriers. If these exercises seem tough, keep this in mind: Once you make changes on levels that matter, you'll find that getting to your healthiest weight and staying there actually becomes as automatic as staying overweight once was.

Even if your progress feels slow, know that you're covering ground you *won't have to cover again*. Once restructured, your new beliefs, self-image, self-esteem, and sense of self-empowerment can't be taken away from you. Once "implanted," they become just as much "you" as any other aspect of yourself -- just like the self-destructive beliefs they're replacing used to be!

**The Hidden Success Secret: First You Create Healthier Beliefs
-- Then They'll Re-Create You!**

Your new and improved beliefs and habits will literally become the "magic carpet" that can transport you to a new self -- and with none of the stress that old-fashioned "diet & exercise" approaches involve. And best of all, the improvements you make will be permanent, and will *automatically* continue to move you toward your goals.

Many people notice the most tangible results of their first month's exercises in terms of how they feel, and especially how they feel about themselves. This is a very important sign of progress because, as we have seen, the *inner* changes must precede the outer ones.

Of course, the level of change you see or feel depends on how seriously you have taken your exercises. If you haven't felt or seen the kinds of changes you're looking for, be comforted. Now that you are familiar with the processes involved, now that you know what you're doing, you may have a much higher level of comfort and confidence, which will, in turn, help you to create more potent results.

But regardless of what kind of results you've gotten so far, the best thing you can do at this point is to keep moving forward. Just follow the Program. It works if you do! So go straight ahead on the path you're on -- keeping in mind that what you're doing *is what works*. You are doing (or learning to do) what needs to be done to make the changes that need to be made.

The truth, plain and simple, is that *nothing else works*. What you are really doing as you go through these exercises is to develop a set of life skills whose scope ranges far beyond weight loss. You are learning the basic rules and skills by which humans can create *whatever* we want in life. We were not taught these skills for the simple reason that so few others are aware of them, and fewer still know how to put them to use.

In learning these skills, and especially in applying them, you join an elite group of people who truly understand "how the game is played." You are transcending the limited viewpoint taught and learned by most of humanity. But you must *do* what you are learning to do. If you don't invest the time to make the necessary changes on these non-physical levels, your only alternative is to go back to what doesn't work -- the Diet Industry's physical, symptom-attacking approach.

In other words, you'll be back to doing the very same things that have created our infamous 96% failure rate. So take a deep breath, reaffirm your commitment, and let's keep moving toward your highest and best goals!

- Success Exercise #71 -

Reviewing / Modifying Your Exercise Plan

How's it going? Great? Good! If not great, why not? Either way, WRITE about it!

- Week 6, Day 3 & Day 4 -

Following God's Word Means Keeping *Your* Word

- Success Exercise #72-

Your 20 Tolerations, Revisited

Did I actually do something about those five tolerations, like I said I would? If so, great! Time to compliment myself. If not, why not? What does my behavior re these 5 tolerations say about how I handle my life and my commitments? Would I really expect success in big things from a person who won't even get small things handled?

- Success Exercise #73 -

Review Of Success Factor 1

Today's exercise is very simple: Answer these four questions about Success Factor 1: How am I doing? What have I learned? What, if anything, has changed - and why?

- Success Exercise #74 -

Review Of Success Factor 2

This exercise is also very simple: Answer these four questions about Success Factor 2: How am I doing? What have I learned? What, if anything, has changed - and why?

- Week 6, Day 5 & Day 6 -

- Success Exercise #75 -

Have You Discovered Any More SSBs??

This is a part of your work that will never really end. From now on, you will be on the lookout for any and all SSBs in your life, and you will get ever better at spotting them and fixing them. In fact, if you are like most people, you will get very good at spotting SSBs in other people, and especially those you care about the most. So be forewarned: Almost without exception, THEY DON'T WANNA HEAR ABOUT IT!

And unless you have a really good rapport with them AND their permission to point out their self-sabotaging beliefs and attitudes, save your breath. They aren't listening, and probably couldn't hear you even if they were.

Instead, focus on finding and fixing YOUR stuff. And you know what? If you fix enough of your stuff, theirs won't matter! So write about YOUR stuff in your Success Journal!

- Success Exercise #76 -

Review Of Success Factor 3

Today's exercise is very simple: Answer these four questions about Success Factor 3: How am I doing? What have I learned? What, if anything, has changed - and why?

- Success Exercise #77 -

Review Of Success Factor 4

Today's exercise is very simple: Answer these four questions about Success Factor 4: How am I doing? What have I learned? What, if anything, has changed - and why? Write about it!

How To Virtually *Guarantee* Your Success!

It all boils down to this: You can do what most people do. You can continue to struggle with weight loss the world's way, and end up among the ninety-six percent who fail. Or you can tap into God's timeless wisdom, as confirmed by science, and lose your unwanted pounds safely, permanently, and with virtually no effort or struggle.

Haven't you suffered long enough? Don't you deserve success? Is it "your time" yet? Are you ready for "once and for all" weight loss success? How much longer will you wait? God's Word says you deserve better. Much better. What do *you* say?

As I hope you understand by now, the motivation that will power you to success can't come from any outside source. It can only come from you. That's why one of the major purposes of these exercises is to help you generate your own motivation, which brings us to...

- Success Exercise #78 -

Turning Up The Volume: Your Final Cost-Benefit Analysis

The best recipe for motivation combines many ingredients. The first, most crucial one, is your own desire -- your dream of being thinner and healthier. Once that's in place, you then need to have self-empowering beliefs, a supportive self-image, sufficient self-esteem, and an understanding of your own great creative power.

All of these ingredients have been built into the various exercises you've done over the past 45 or so days. Ultimately, these exercises are designed to make you realize that YOU have the power to turn your dream into reality. Have they helped you to create the kind of motivation that will make a difference? Only you can answer that question.

The surest way to stay motivated is to stay intensely focused on the goal / vision while ignoring the obstacles. And the best way to do that is to get hyper-focused on the great costs of remaining where you don't want to be and the tremendous benefits of getting where you DO want to be.

So your assignment today is to examine, in painstaking detail, both the cost of failure and the benefits of success. I invite you to go more deeply into both descriptions than you ever have before. The more clear you are about both, the more powerfully you will be pushed away from what you were, and pulled irresistibly to what you CAN become.

- Success Exercise #79 -

Assessing Your "Plan B" - Did You Need It? How Did It Work?

Now it's time to give some *real* thought to your "Plan B."

Have you needed it? Did you use it? If so, how did it work? If you did need it, did you actually follow it? If not, why? What might you need to be doing differently?

Remember that the *only* function of Plan B is to get you back to Plan A as quickly and painlessly as possible. So take another good, close look at it, fix what's broke, and try again!

Do I have to tell you this is a *great* topic to write about?

- Week 6, Day 7 -

- Success Exercise #80 -

Special Review & Reevaluation: How Does It All *Feel*?

Now you've been involved in this program for almost six weeks. Today your entire job is to get in touch with your thoughts and feelings about everything you've done so far.

Writing your answers is always a good idea, but the important mission at hand is to become aware of how it all *feels*: positive, negative, neutral, relaxed, stressful, helpful, confusing... whatever it feels like to you. Here are some to ask yourself:

- How do I feel right now?
- What changes have I seen, felt, sensed?
- How does my attitude differ from whatever it was a month ago?
- Do I really understand the concept of how these exercises work?
- Am I participating at a high level?
- Am I being consistent...or sporadic?
- Do I have a commitment, or just a vague wish that things would "get better"?
- Do I believe that I am now on my way to success?

Being in touch with your feelings is a vital link in the getting-healthy process. So your goal for today is not to change how you feel about this process, but simply to become very aware of it.

Learning About Rewards Of A Different Kind

As you really start to see the value of self-care, and to appreciate the positive and powerful transformation that's taking place in your body, mind, and spirit, you may find that some of the "old" things you considered rewards are being replaced by some very different rewards.

Old Rewards

- self-gratification
- feed face
- feel flesh
- feed ego

New Rewards

- grumbling stomach
- numbers on scale
- enjoy not feeling stuffed
- enjoy self-care

If you find these things happening for you, it's something to celebrate!

- Week 7, Day 1 -

- Success Exercise #81 -

"Go-For-The Gold" Goals Review

This the first day of the last week. Regardless of what you have done so far, today I challenge you to review any and all goals you've set for yourself and up the ante by 50-100%.

This is not a dress rehearsal. This is your life! What will you have to say for yourself in a year (or two, or five) if nothing has changed or if, God forbid, things are worse? So look at every goal you've set (and every affirmation and visualization) and bump it up a notch or two.

Even if you don't think it's realistic, set some goals that truly inspire you and get your attention. Pretend you'll be dropped off a cliff if you don't set really great goals and *go for them 110%*. Write it all in your Success Journal. Then come back and complete...

-Success Exercise #82-

What's Working, What Isn't, And Why

Step 1 - Review And Evaluate Your Vision And Your Affirmations - Are they still doing their job? Did they ever? If not, go back to the beginning and create some better ones!

Step 2 - Stress Factors Review - Look again at your Top Five Sources Of Stress and see if there's still a link to excessive eating. How are you putting pressure on yourself? Can you create a small "buffer zone" of time between your various activities. Are you trying to be all things to all people? Which activities might you be able to cut back on or give up entirely if necessary?

- Week 7, Day 2 -

- Success Exercise #83 -

Brutal Honesty Time: What's *Really* Holding You Back?

Coming Out Of Denial As If Your Life Depended On It -- Because It Does!

Today your job is to step back. Way back. Entirely out of the picture. Step back so far that you can see everything you've done in these past weeks as if you were an outsider looking in on your life. In fact, you're not even you today. You have become The Objective Observer.

As such, your job is to write a "report" about the person who has been doing these exercises for the past 6+ weeks. Get inside their head and their heart as only you can do. Who are they? What are they all about? What makes them tick? What are their strengths? Their weaknesses?

But the most important part of your job is to do the "exposé." What can you tell us that they'd really rather we didn't know about them? What are they hiding? Where are they in denial? What are they claiming to be true that might not be so true? And what hidden secrets are they trying to protect? What is the one thing they really, really don't want anyone to know? What is that one, deeply-buried thing that most keeps them from winning--at weight loss and at life?

You have only one chance to get the story. Your own reputation as an Observer is on the line. Get the scoop. And when you have ferreted out and exposed these deepest, darkest, best hidden secrets, show them to the person you wrote about: *you*. Be prepared to answer...

- Where are you making progress?
- Where might you be stuck?
- What are you learning about yourself, about others, about life?
- Have you made any major discoveries or had any significant insights?
- How do you feel?
- What do you think?
- Review again your attitude. Is it helping you...or blocking you? Don't judge it, just observe it, and then make some very honest notes.

- Week 7, Day 3 -

- Success Exercise #84 -

Review & Reevaluate Your Behavioral Plan

It's that time again. How is your Behavioral Plan (Plan A) going? Did you stick to it? If so, how did it go? Do you still feel like it's doable? Sustainable?

What, if anything, needs to be changed or modified?

If you blew it, did you go to Plan B? If so, were you able to get back on track quickly? Slowly? Not at all? If you maintained your best behavior, keep doing that. Also, remember that there are

three major "combinations" of diet & exercise you can be doing at any given time. The first combo will produce weight gain, the second combo will keep you right where you are, and the third will produce weight loss at some pace.

Your goal is to do #3 until you can do # 2. Which means that you will need to create a Plan A that actually results in steady weight loss at some reasonable rate (a few pounds a week is not unreasonable), AND you will have to actually FOLLOW your plan. Are you having more trouble with creating a workable plan, or with following the one you created?

- Week 7, Day 4 -

- Success Exercise #85 -

Stress, Prayer, and Meditation

We have talked extensively about both stress and prayer. But we have said very little about meditation. Where prayer is "active," meditation is "receptive." Prayer is talking to God, meditation is listening for His response. But whenever you participate in prayer and meditation, ask yourself:

Is It Really God You're Hearing From?

In my experience God does not come on as a brass band or a trumpet in the sky, but as a calm and quiet inner knowing -- peaceful understanding. When you really have heard from God, your experience is one of peace, not frenzy. Perhaps a sense of excitement at discovering your purpose or mission, but never a sense of anxiety that you must do something instantly.

So practice meditation, and then write about what happened!

- Week 7, Day 5 -

- Success Exercise #86 -

Exercise Your Option To Forgive...Everyone!

One of the most insidious drains on our energy, our attitude, and life in general is when we're carrying subliminal (or overt) hostility with us wherever we go. Like an invisible anchor, our own negativity slows us down and often stops us dead in our tracks.

Today's assignment is first to list everyone you haven't, can't, or won't forgive, for any reason -- including yourself. Take the time you need and list all the unforgiven people along with what they did that is unforgivable and when they did it. Use the following format:

I can't forgive _____ for doing _____

They did this in (year). I can't / won't / haven't forgiven them because _____

I can't forgive _____ for doing _____

They did this in (year). I can't / won't / haven't forgiven them because _____

But if there are more than two people who remain unforgiven, don't stop there. List them all. Just take this opportunity to get it all out in front of you--so you can put it all behind you.

Today you have the opportunity to choose to forgive these people for their transgressions. Why should you forgive them? Because, whether they are suffering or not, you can be sure that your lack of forgiveness is a drain on YOU.

The failure to forgive is simply a drag on your life that you can't afford to keep. "But wait," you may say. "How can I possibly forgive _____ for _____? My anger / hatred / dismissal / ignoring / pain / suffering is justified!" Maybe it is. But you know what? That's irrelevant.

No matter how justified your lack of forgiveness may be, it guarantees that you will be weaker for it, whether anyone else ever suffers or not. And if it's you who is still unforgiven, do it now. It's a double win! If you need to justify something, *justify your act of forgiveness*.

The very act of forgiveness makes you a freer, more enlightened, and -- ultimately -- happier person. Haven't you been carrying this stuff around long enough? Leave it behind with the rest of the "old ways." Write all your responses/reactions in your Success Journal.

- Week 7, Day 6 -

Welcome To The Last Day Of "Formal" Activities!

Is this the last day of your involvement with this program? I sincerely hope not. As we noted in the very beginning, this program is NOT about getting to your healthiest weight in seven weeks. It's about investing seven weeks in developing the skills and knowledge that will allow YOU to set yourself up for a struggle-free *lifetime* at your healthiest weight.

Are you there yet? Probably not. In fact, I'd be very surprised if you were. But have you made important changes on levels that can't be seen? If you've actually *done* what you've learned to do, I'm willing to bet that you have.

My guess is that you've started to identify some of your self-sabotaging beliefs, and to make some of those underlying changes. If you have done what was set before you seven weeks ago -- if you have stood by your commitment to do these exercises even when it wasn't easy or comfortable, then you have undoubtedly made some changes on levels that matter.

Have you made enough changes to make the critical difference? Maybe so, maybe not. What matters most is that you've started -- irreversibly, I hope -- down the path to lifelong success. You finally have the knowledge and the skills to *do* the things that will make a difference.

Think about this: If you had done the "same old, same old" for the past seven weeks, you'd be today EXACTLY where you were back then, and perhaps even worse off.

Again, this is not to say that diet or exercise are not important. Clearly, they are. But as I'm so fond of saying, trying to get rid of your excess weight entirely through diet and exercise without identifying and correcting the underlying reasons you weigh too much is like trying to get rid of dandelions with a lawn mower. Until the problem is dealt with at the root, it will just keep coming back every year -- and bigger than before!

I pray that you have begun to deal with those root causes. I pray that you will continue down this path and free yourself forever from the self-sabotaging thoughts, beliefs, and attitudes that have kept you where you neither want nor deserve to be stuck. You have the tools and as much time as you need. Do you have the desire? Is the dream strong enough? Say that it is.

- Week 7, Day 7-

...Now Where Will You Go From Here?

If you've done everything according to the plan, you've almost certainly had an interesting seven weeks. You are, by now, intimately familiar with your beliefs, your self-image, your level of self-esteem, and your sense of self-empowerment -- maybe more so than you ever thought you'd be (or wanted to be). And I hope you're very clear about where you intend to *go*.

You've also had the opportunity to discover any issues you might have around exercise, depression, and a number of social factors, all of which have been found to play significant roles in the ability or inability to lose weight and keep it off.

I've provided you with as many tools, techniques, instructions, and insights as I could pack into seven weeks. I have struggled mightily to keep this program down to around 200 pages. I have no idea how seriously or casually you have approached all of this -- but I'll bet you do.

I'll also bet you know that you got out of these seven weeks in accordance with what you put into them. That's God's own "Rule #1" -- We reap as we sow. What are you reaping? If it's not what you had hoped, I have a suggestion I hope you'll take to heart:

Start All Over Again!

Nobody's keeping score. Nobody's keeping time. Do it again, and do it better.

Do it with more conviction, more passion, more intensity.

Do it until you get the results you want. I'd do it for you if I could. But win, lose, or draw, the outcome is entirely up to you. Go for the win!

What are a happy life and a healthy, fit body really worth to you? What will be the real cost of failure? How many more years will your dreams elude you?

When will you see that you *deserve* success?

I wish you *total* success!

Peace be with you. "**Dr. Frank**"