

Weight Loss Secrets

The Important Stuff They Leave Out



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Chapter 1: Attitude

The Right Attitude

I'm sure you have heard the saying "You can lead a horse to water but you can't make it drink" well it is the same here. This E- book is the water. You have to decide whether now is the right time for you to drink and if it is the right time, how much do you drink. No one can make you do anything you don't want to do. The fact that you have purchased the E-book is a positive step towards having those weight loss goals you desire. It shows me that you have made a commitment towards living a happier, healthier life.

Remember results don't come easy. You need to work hard for them and the rewards are going to far outweigh the hard work it takes to get there. Be dedicated, committed and prepared to tackle and overcome any challenge that comes up along the way. Believe in yourself and you will achieve your desired weight loss goals.

Remember, too, that lifestyle changes can take a long time to become healthy habits. A sudden switch from bad eating habits into healthy eating habits could lead to failure. Approach this with patience by making your changes gradual. If they are gradual then they are more likely to be permanent and you will have a better chance of being successful.

Make Weight Management a Top Priority

People resist change, it is in our nature. If you want to succeed at reaching your goals and maintaining your weight loss over the long term, you must make a firm decision to commit to changes in how you think, eat and move.

Weight loss must be one of your top priorities if you are to be successful. You need to be dedicated and committed to your decision to lose weight and to keep it off for good. Make the decision to have a better quality of life not just for yourself but also for those around you and make it a top priority.

What is the Best Way to Lose Weight?

If I speak from a scientific standpoint, then consuming fewer calories than you burn is how you do it. The two key factors in achieving and then maintaining weight loss are nutrition and exercise. However it's not that simple. Food is a big part of our lives and because of this we all eat for different reasons. You may use food as a response to tiredness, boredom or for emotional reasons. You may eat unhealthily due to poor habits or alternatively you may have good eating habits but be eating the wrong foods for your body type and nutrient requirements.

Our reasons for wanting to lose weight also play a part in achieving our weight loss goals. You may have decided to lose weight to look good at your wedding or a special event, or be doing it to improve your health, appearance and overall fitness levels. Whatever the reason,

we will all have different goals and time frames in which to go about achieving our weight loss goals.

We are all different. What works for some may not work for others? This means that the best way to lose weight for one person will not necessarily be the best way for someone else. Here are some questions you will need to ask yourself before you can find an answer to the question. "Are you ready to lose weight?"

Are You Ready to Lose Weight?

Start by being honest with yourself. Answer the questions below to help you in finding a much clearer path to achieving your goals. Commit to the outcome and you will get the results. So ask yourself:

Are you ready to deal with obstacles?

When you are working towards achieving something as difficult as losing weight, you can expect things to get tough and some obstacles to pop up along the way. You just need to overcome them and not let it affect your desired outcome.

Are you in for a quick fix or a lifestyle change?

If you're expecting to diet, lose the weight and then return to your old eating habits once the weights off then your doing it for the wrong reasons. It needs to be a lifestyle change, because what you are doing currently isn't working. You are setting yourself up for failure if you are going on a diet rather than making it a lifestyle change.

Who are you doing it for?

Who are you really doing it for? Is it your boyfriend or girlfriend or is it because of your parents? Chances are you haven't really thought of your real reasons but I ask you to. Have you been pressured into it? If you are doing it for any other reason than because you truly want it, then you are setting yourself up for failure. You must do this for yourself and not because someone else wants you too. How about doing it for health, or a better quality of life or for the ability to stay around long enough to see your children and grandchildren grow up? Our reasons for wanting to lose weight are what will drive us to stay focused and on track - so make sure they are good ones.

Are you ready to make sacrifices?

The problem is that you are probably hesitant to give up some of the things in life you love or some of your guilty pleasures. Remember it's those guilty pleasures that got you there in the first place. If you aren't prepared to make some sacrifices, then you don't have what it takes to succeed in your weight loss goal.

Will you be happy with small successes?

You have a start point and an end point and in between you have a lot of hard work to do. You need to be happy with little successes along the way. There are going to be days where you don't see the difference in your health or weight loss. Make the decision to be optimistic and treasure your small weight losses and understand some successes will be more obvious than others. Small successes will snow ball into big ones so you need to be prepared to be patient and trust the process. Be happy with small achievements and not unhappy that it's taking you so long to get there or that the desired outcome seems so far away.

Think through all the possibilities that might be preventing you from achieving your goal. If you are feeling a little uncomfortable with some of these questions maybe you need to work on these a little more before you go any further.

5 Key Steps to Getting What You Want

Desire

The first thing you need is strong desire. The desire is the starting point, because without the passion to achieve your goal you won't. You must really have the desire to want to achieve your weight loss goal, or anything you truly desire in life. If you truly have the desire, you will do what ever it takes, for as long as it takes to get it.

Set Goals

Now you need to set goals. Without goals your desire alone will get you nowhere. A goal gives you direction, focus, a reason and a purpose. Your goal is your direction where your desire will take you. If you can visualize what you want you will have it. The clearer the details, the more concrete the image, the more likely you will get exactly what you long for. Goals generate the necessary activity to bring you towards the realization of your dream. A good goal is a statement of what you want, in a positive, clear, concrete way and with emotion. A goal should be written down, to give it more energy, and should be written in the present time. You should write your goal down as if you have it already.

Believe

You must believe in yourself. You must truly believe you are worthy. That you have all the resources inside, everything you need to reach your dream. Maybe you do not know exactly how you will get there but trust that by following your true path that things you need to get there will start to magically appear in your life. Trust and believe in the fact that you will learn step-by-step how to do it and that you will be guided on your way by coincidences and synchronicity.

Positive Thinking

You have the dream, you have the strong desire and you have the clearest goal, but if you have a negative belief system, I guarantee you still won't get there. If you are someone that has negative beliefs like fearing the worst, expecting bad things to happen or a propensity to blame others or make excuses then you are likely to have a negative mindset. Life is a reflection of our thoughts and beliefs. We become that of which we think about the most. A positive mindset lifts you up to achieve positive things and will work towards giving you what you long for in life.

Persistence

If you want results and you want to be successful with your weight loss goals then you need to do what ever it takes for as long as it takes to get your desired outcome. That is persistence. It takes persistence to stay on your path. Persistence is about moving forward even when you get knocked down or you feel like giving up. Success is the reward of being persistent. Success in achieving your weight loss goals because you did what ever it took for as long as it took to get there. You applied your healthy lifestyle changes persistently until they became habits.

Now you know the 5 steps to success, you can have and achieve anything you want in life by applying these principles. Remember it's not the knowledge that gets you results; it is **applied knowledge**, that gets you results.

Apply this knowledge to achieving your weight loss goals and I can guarantee you will achieve success.