

Brainb4Body.com

smart weight loss



If you find yourself wavering it's often hugely effective to simply ask yourself again; **For what purpose do I want this?** What will this mean to me and to my ideal life?

Step 1) How do you 'do' the strategy that doesn't work for you?

Example: **a)** I look at my goals

b) I feel doubt/confusion as to whether the methods will really work

c) I tell myself that I can always do it tomorrow as one day won't make a difference and is it really going to work anyway? **RESULT:** those work-out clothes are going to stay crumpled up under the bed for another day...and another day...and another day.... :(

Step 2) How do you 'do' the strategy that does work for you? (this may be in relation to business, your hobby, spending time with your family - listen to the DVD again and let's go through the strategy you run well together right from the first trigger, that very first thing that caused you to feel totally motivated)

Example: **a)** I think about/tell myself how important this is to my core identity beliefs, values and happiness

b) I evaluate what needs to be done

c) I think about how good the results will make me feel. **RESULT:** action!!!

Step 3) Model across the steps from your own effective strategy - do it now!

Get clear on exactly what you want, how it looks, feels **AND** much more importantly...

freedom

...what does having *that* body, that health, allow you to **EXPERIENCE?**

Abundant Motivation FIRST:

Inject some DAILY motivation doses into your routine.

Abundant Motivation SECOND:

Make the switch to an 'Effective Motivation Strategy'.

Abundant Motivation THIRD: