

@THE PLAN

- The things we don't do are the things that make us uncomfortable in some way
- To enjoy life we have to learn to live amidst our problems and hope they get easier and less frequent
- Self-sabotage will result when our unconscious seeks a different outcome than our conscious
- Make setbacks learning opportunities
- The only failure that exists is the failure brought into existence the moment we stop trying
- Like a good General after a lost battle – think through exactly how your unconscious outwitted you
- Take each meal in it's entirety – blowing afternoon tea does not mean you need to sink with dinner!
- Consider your history and have any early trauma or ongoing issues treated
- Assist yourself to develop self-worth and build 'coping' strategies that don't revolve around food
- Develop an appropriate eating regime – focusing on incorporating high sacrifice foods
- Use 'mindfulness' to focus the attention when eating
- Consume foods at appropriate times
 - during the day and watch the GL
 - high protein
- What score would you give yourself out – between 1-10 – for your current level of commitment to doing something to achieve long term weight loss
- Observe your number for a moment...
- Tell me – why that number and not 'zero'?
- Write those ideas down...
- What do you notice about your commitment now?