

EPISODE 42: Weight Loss is boring, the antidote!

If the doctor told you that you would never be able to eat food again would you be able to enjoy your life?

All of our emotions come from our thoughts. Package of seeds are our thoughts. Each thought creates an emotion.

Let's practice. Write down the emotion that comes from the following thoughts.

1. I am really fat. -
2. I never get stuff done -
3. Everyone needs something from me -
4. I just can't seem to get ahead -
5. Being this means I have to eat plain things -
6. I keep doing weight loss wrong -
7. Everyone needs something from me. -
8. No matter what I try I always gain the weight back and then some -

So when your life feels like you are gross, frustrated, annoyed, mad etc. How much fun is it to be you?

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When you believe these thoughts to be true facts you don't believe that you can change.

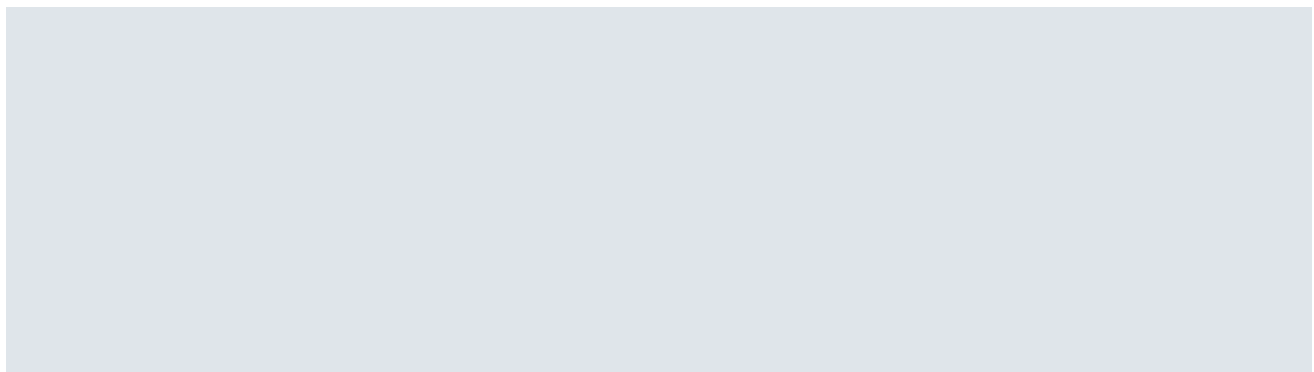
Your motivation every day is to feel your desired emotions.

An Oreo ice cream cake from Dairy Queen does not guarantee feeling happy.

Write down all of the emotions you want to feel every day.

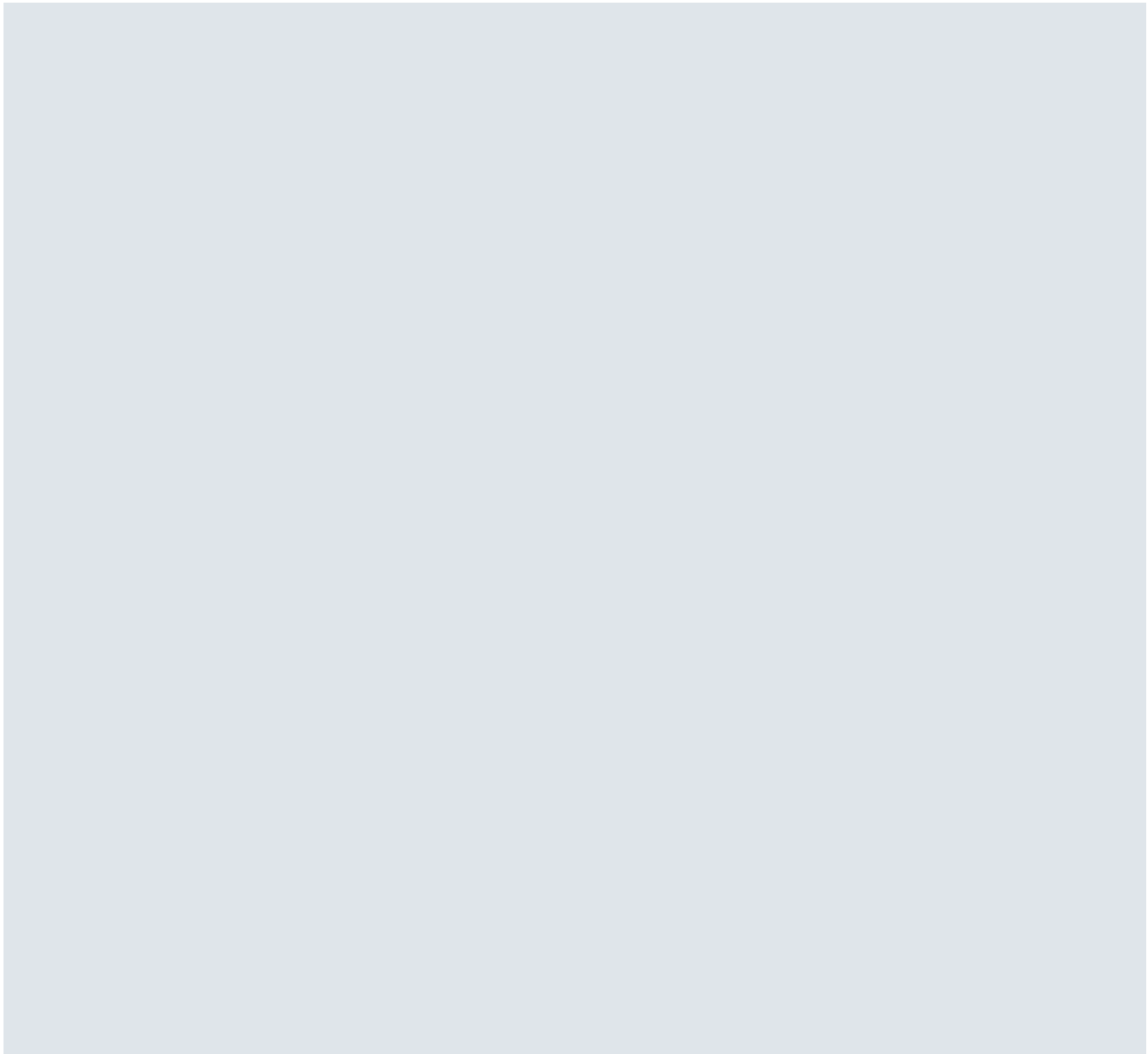
- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

In order to feel those emotions where do they come from?



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Write down 3 thoughts that will help you achieve your desired emotion. You can do this in your journal.



Your feelings will always come from your thoughts. You can't fight the way you were wired. For more help with this join Love Yourself Thin lifetime membership today for immediate access to all of the help you will ever need to take the weight off for life.