

My Ten Best 'thinking thin' Weight Loss Tips'

And the importance of mental attitude and preparation in a weight loss.

Summary

I have had problems with my weight for years, and in the process tried many different programs and methods. I have succeeded and failed at it many times over. I have also researched the subject extensively and so consider myself a bit of an expert. I have written a series of articles called the 'thinking thin' series. In this report I will share with you some of what I consider to be the most important points for lasting weight loss. The most significant of which is: successful weight loss is more about mental attitude than it is about food and exercise...though these things are important too. The second most significant thing I learned, is that it's also about lifestyle. It's not about diet...it's not a temporary set up, it's a long term commitment to a change in lifestyle.

So with these points in mind here are **my ten best 'thinking thin' weight loss tips.**

1) Never begin a weight loss program without first preparing yourself mentally and emotionally. That starts with an inventory of your emotional weaknesses, the ones that trigger you to over indulge or binge on unhealthy foods. So know what your emotional triggers are. If necessary observe your eating patterns for a week and record them. This will give you great insight into what may sabotage your success down the road.

2) Stressors in your life are closely tied to your emotional eating habits. They will also cause you to over eat. You need to have a strategy for dealing with these situations or moments that will inevitably arise. If you are under extreme stress I would suggest that it's not the best time to begin a weight loss program. Postpone it until you are in a better place and frame of mind. Obviously you'll feel worse if you start a program and fail. Your strategy can take many forms. Some people do better if they have a support system, a friend or partner to cheer them on. If this is you don't hesitate to use that strategy. Another strategy could be meditation. Find one that works for you personally.

3) Have a conversation with yourself. Discuss the reasons you want to /need to lose weight...spend time thinking about your body image. Body image is very important in our culture for women. However, if you go on a weight loss program to simply change your look, thinking you'll feel better and more confident, it's unlikely to last. You may succeed in losing weight but it's highly unlikely you will keep it off.

4) Spend a few days visualizing and affirming your commitment to the program. You have to put feeling and passion into it. This is a critical component. Without the feeling and passion visualizing is quite pointless and will accomplish little. We create in this universe through passion and feeling...not with thought alone. This is how the 'law of attraction' really works...through desiring with feeling, passion and intention. So get that passion going.

5) Get a mental picture of success in your mind's eye...what it will look like, feel like. *Don't forget the feeling.* This is not a repeat of the above step. This is a quick snap shot you can keep in your minds' eye and refer to or pull into consciousness any time you feel the temptation to cheat or give up.

6) Have a couple of good affirmations (that really speak to you personally). Use them along with your success picture. This will help keep you focused...it only takes six seconds of focusing to change your vibration. Remember that when temptation comes calling and focus on that mental picture with feeling.

7) Get a copy of the Glycemic Food Index from the Internet and get familiar with it. Stay away from the high glycemic foods...the white foods: white rice, bread, pasta, cakes muffins, rice while on your program and limit your consumption of them later to maintain your weight. These foods are high in carbohydrates and will sabotage weight loss. They also raise your blood sugar level and are less satisfying, so you tend to eat more when you consume them.

8) Prepare your kitchen and get rid of the junk foods. Before you begin get the unhealthy foods out of the house, if you can. If you have teenagers in the house this may be difficult, but they can also do without junk foods for a few weeks*. Use up leftovers. Then shop for healthy foods. Lots of protein and simple healthy carbohydrates - fruits and veggies - but keep the fruit consumption to a minimum. Plan a few meals ahead of time..enough for the first three to five days...this is critical in ensuring your success. A lot of people give up in the first few days because they have not prepared themselves mentally, or practically.

(*Type 2 diabetes has been on the rise for years in North America, due mainly to our diets of highly refined foods, as well as junk foods. Now young people are being diagnosed with this disease.)

9) Keep the meal plan simple. Plan to eat simple meals. It will be easier to stick to and less time consuming...important if you are busy working and or caring for a family. Here's a few tips: always eat a combination of healthy simple carbs (veggies and fruits - not fruit juices) and protein for at least three meals a day. Examples: **breakfast** - an egg and a piece of canadian bacon with a piece of fruit; **lunch** - salad and tuna; **dinner** - a baked chicken breast and two vegetables, or a vegetable, salad and chicken. **Snacks** - have two snacks, mid morning an apple, mid afternoon a handful of nuts. The apple will stay with you longer if you have piece of low fat cheese with it.

Don't underestimate the importance of protein. When you consume protein you are more satisfied and will eat less...statistics say you will consume up to 15-20% less at a meal.

10) Visualize twice a day...morning and evening. Use your success picture and your affirmations. Do the 'pretend' exercise. Put yourself into a state of feeling into the success. You've lost the weight! How will you be different, how will you feel, how will you dress? Actually pretend in your mind that you have succeeded. Tests done on athletes prove that their bodies responded the same, whether they were running a race in their minds' eye, or actually running the physical race. If you do this one step alone, and do it in earnest you will find yourself automatically doing the right thing...eating healthy foods and ignoring the junk foods. Again don't forget the feeling and passion. It's key to your success.

Conclusion

There you have it! My ten best '**thinking thin**' tips for healthy, lasting weight loss. It is not within the scope of this document to get into recipes and food in detail. Look for my upcoming '*top ten weight loss food tips*', and my '**thinking thin**' ebook. Remember your mental attitude is critical to success in any endeavour. You can change your attitude in a heartbeat. You just have to choose to do it...so choose success!

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