

Introductory Module 1

Hi there and welcome to this short introductory lesson number one:

I want to start with this quote that I love, and want to share it with you before we begin the program, because it is so relevant and important for this, and it goes like this, and I quote: You were born to win, but to be a winner, you must plan to win, prepare to win, and expect to win. And as Jim Rohn put it perfectly, and I quote: 'If you don't design your own life plan, chances are you'll fall into someone else's plan. And guess what they have planned for you? Not much.

It's important that we have goals so that we know where we are going. If you don't know where you are going, you certainly won't reach the destination you desire. You need your hands firmly on the steering wheel and to steer the car towards your desired destination. This is the reason why goals and plans are so important, so that you know where your headed.

In order to reach any goal, we must step out of our comfort zone because you simply can't arrive at a different destination if you keep doing the same things that have brought you to where you are today. It just won't work. There are changes that must be made.

Now in order not to overwhelm you I will provide you with straightforward and easy to follow weekly plans that open up for you every week of this program to help you create the small and gradual steps towards reaching your end goal. The steps are gradual so as not to overwhelm you and trigger the primitive parts of the brain to fight against your efforts. By making gradual changes to your lifestyle habits, you are fooling your mind to think that not too much has changed and therefore not too much is at risk.

The weekly plan provides you with a weekly goal for you to focus on and conquer and helps keep you on the right track to success.

Each week you will focus on one goal provided for the lifestyle change, one goal for a mindset change and one supplement goal. Once you have mastered each of these goals, only then move on to the next week's goals. Sometimes it will take you more than a week to completely feel you can cope with the change. Don't worry; time is less important. The only thing that is important is to stay on the right track towards lasting health and weight loss.

In this method, you are placing your focus on the lifestyle changes rather than focusing on your weight or the health issues that you are unhappy with. This keeps you optimistic, and increases your self esteem which are two things needed to achieve any goal.

The weight loss and health will come automatically as a result of changing your lifestyle habits, but your attention will be placed on where you want to be (meaning the positive life change) rather than what you do not want in your life anymore and what you want to change (which is your current situation that you are unhappy with).

Keep in mind, that wherever you place your focus, neural networks will become stronger. If you put your focus on what you do not want to have in your life, you will just be strengthening this as a habit, and it will be harder to change this habit as time goes by. By focusing your attention on a change to make each week, you will find that you CAN achieve these goals and your self-esteem will go up.

When you begin achieving the little goals that will get you to where you want to be at the end of the program, your self-esteem will increase, and your motivation will rise, and both of these are imperative to your overall success. You will start to believe in yourself more, and you will see that you are capable of achieving your desires. You will find that you are able and you can do anything you set your mind to do, and you will improve your health and lifestyle much easier than you thought was possible.

I also recommend that you use your imagination to create strategies for you to achieve each weekly goal. This will plant the goal into your subconscious mind and will form the basis for new neural networks that are more in tune with your desires. By the end of the 12 week period on this program, you will be well on your way towards reaching your ideal weight and optimal health.

Good luck to you!

And now please go to the video below to understand why dieting is not something that usually works and how this will change for you by following this program.