Module 7:
Strategies for Success

"Adapt what is useful, reject what is useless, and add what is specifically your own."

- Bruce Lee

Strategy
a plan or method designed
to achieve a major or overall aim.

Overview

- Focus on long term strategies

- 80/20 Rule

- About what you want to do

- Focus on prevention

- Process of experimenting, learning and tweaking

The Best Strategies

- The best strategies are the ones you do

- Ones that reduce hunger

- Ones that make you feel better

- Ones that give you energy

- Ones that are healthy and addictive

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The Hunger Scale

- 0-10 Scale: 0=Starving 10= Stuffed

- Get yourself to 5 early in the day

- Maintain the 5 throughout the day

- Get to 3-4 before going to restaurant, party, etc

Drink More Water

- If makes you feel more full

- Thirst is very often mistaken for hunger

- Half your body weight in ounces

- Use large container to keep track

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Eat More Live Foods

- Satisfies your bodies deepest cravings

- Keeps your tastes calibrated to nourishing food

- Keeps your body calibrated to health

- Digested easier giving you more energy

- Focuses you on what to eat not what to stop eating

Master Ritual

- No more than 5 minutes

- Stretch/Sun Salutation

- Breathing

- Meditate/Programming

- Keeps you consistent

- Affects your self image

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Motivation Strategies

- Clearly know what you want and why

- Have reinforcement systems in place

- Think in percentages

- "Don't break the chain"

- Pick up some dog food

- Research what extra weight does to your body

250lbs

120lbs

Exercise Strategies

- Redefine It- (it's more than physical)

- Consistency trumps intensity

- Seek out and utilize simple opportunities to move more (park further, take stairs, etc)

- Sweat each day

- Start Slow

- Have an easy option

- Make it feel good

Food Strategies

- Start Strong- Nourish yourself immediately

- Don't Eat After 8pm

- Bounce Back Immediately

- Educate Yourself About Foods You're Eating

- Keep A Food Log

- When hungry (but have eaten enough) imagine it burning calories

- Eat Slower

- Quiet Moment After Eating

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