

Module 1: The New Thin You

New Self Image Design Questions

“If you don’t know where you are going any road will take you there.”

I’ve struggled with my weight in the past because...

How has your self image (what you believe about yourself) contributed to these struggles? (do you identify yourself as an overeater, having no willpower, sweet/chocolate addict, an “emotional eater”, etc)

Has there ever been a time when you didn’t act that way?
Describe it...

What are some challenges you've overcome in your life?

What are some personal characteristics that helped you do that?

How much would you like to weigh, what size do you want to be?

If you woke up tomorrow at that weight how would it feel?

If you reached your weight loss goal how would it change what you thought about yourself?

What do you need to believe about yourself in order to lose the weight and keep it off?

What are some positive, empowering beliefs you have about yourself (you are patient, kind, caring, ambitious, nice, etc)

How could you use those to help you master your weight?

How do you want to feel about eating healthy?

How do you want to feel about exercise?

How do you want to think about yourself?

When have you been most successful at reducing your weight?

Installing Your New Self Image

Body Programming Technique

1. Sit in a comfortable place, where you won't be disturbed.
2. Straighten your posture and correct your alignment
3. Relax the muscles in your stomach, chest, shoulders, neck, face and eyes.
4. Let your breathing become fuller
5. Imagine your feeling the way you want to feel (how does feeling that way change your posture, your breathing, your relaxation, and energy)
6. How would you describe this feeling in your body?

A Day In The Life Technique

Imagine waking up tomorrow feeling like the person you want to be.

1. Create a neutral state- straighten posture, relax, breathe.
2. Imagine waking up tomorrow as the person you want to be.
3. Imagine going through your day as that person.
4. Notice the physical things. How you move, how you breathe, how you speak, how you eat, etc.
5. Notice the mental things. How you think, how you react to people and situations, your moods, etc.
6. Notice how you act when you feel this way. You may imagine yourself craving healthier foods, eating slower, wanting to drink more water, etc.