



Program Yourself Thin Course Checklist

Print this out and track your progress.

Classes

Put an X next to the class after you complete it.

<input type="checkbox"/>	Introductory Class: The First Five Pounds Fast Action Plan
<input type="checkbox"/>	Class #1: The New Thin You
<input type="checkbox"/>	Class#2: Transforming Your 3 Worst Habits
<input type="checkbox"/>	Class#3: The Motivation Machine
<input type="checkbox"/>	Class #4: Programming Yourself Thin
<input type="checkbox"/>	Class #5: Ending Emotional Eating
<input type="checkbox"/>	Class #6: Thinking Yourself Thin
<input type="checkbox"/>	Class #7: Strategies for Success
<input type="checkbox"/>	Class #8: Staying Thin

Self Hypnosis Sessions

Put an X next to the session after you listen to it. (no specific order is necessary)

<input type="checkbox"/>	New Healthy Cravings
<input type="checkbox"/>	Mastering Emotions
<input type="checkbox"/>	Weight Loss Session
<input type="checkbox"/>	The New Thin Me
<input type="checkbox"/>	Body Design Session Booster
<input type="checkbox"/>	Progressive Relaxation
<input type="checkbox"/>	Upward/Downward Spiral
<input type="checkbox"/>	Firing Up Your Metabolism
<input type="checkbox"/>	Letting Go of the Past

Videos

Put an X next to the video after you listen to it. (any order of watching is fine)

	Pavlov's Weight Loss
	Keep Talking to Yourself
	Changing Habits
	Your Dream Body
	Instant Relaxation
	Perception is Reality
	Have You Been Tricked?
	What is Beauty?
	Subliminal Advertising
	The Power of Words
	Self Hypnosis Trance
	The Weight Loss Elixir
	Relax at the Beach
	Paradigm Shift

Ebooks

Put an X next to the ebook after you read it. (no specific order is necessary)

	Change Your Mind, Change Your Life
	177 Ways to Burn Calories
	Insider Nutrition Secrets
	Holistic Healing Secrets

Program Yourself Thin Daily Coaching Checklist

Print this out and put a big X (preferable a red one) above every day that you complete.

Week 1

DAY 1: The Hypnotic Programming State	DAY 2: Who Are You?	DAY 3: Who Do You Want To Be?	DAY 4: A New Measurement of Success	DAY 5: The New Thin Me	DAY 6: It Can Happen	DAY 7: The Joy of Relaxation

Week 2

DAY 8: Language of Control	DAY 9: RAS (Reticular Activation System)	DAY 10: Theatre of your Mind	DAY 11: Stretching Your Imagination	DAY 12: How to Play	DAY 13: Role Models	DAY 14: Deep Relaxation

Week 3

DAY 15: Your Two Minds	DAY 16: How You Think	DAY 17: Certainty/ Beliefs	DAY 18: No Failure, Only Feedback	DAY 19: Have You Decided Yet?	DAY 20: Association/ Disassociation	DAY 21: Relax and Go to the Beach

Week 4

DAY 22: How do you want to feel?	DAY 23: Emotional Mastery: Gratitude	DAY 24: Emotional Mastery: Confidence	DAY 25: Emotional Mastery: Excitement	DAY 26: Emotional Mastery: Accomplishment	DAY 27: Emotional Mastery: Energized	DAY 28: Emotional Mastery: Relaxation

Week 5

DAY 29: Emotional Mastery: Desire	DAY 30: Emotional Mastery: Patience	DAY 31: The Power of Pain	DAY 32: The Power of Pain: Boredom	DAY 33: The Power of Pain: Regret	DAY 34: Power State: Indifference	DAY 35: Just Let Go and Relax

Week 6

DAY 36: The Power of Pain: Overeating	DAY 37: Solution Oriented Thinking	DAY 38: Self Talk: Questions	DAY 39: Self Talk: Be Nice To Yourself	DAY 40: Self Talk: Speaking Confidently	DAY 41: Give Yourself a Hug	DAY 42: Take a Rest

Week 7

DAY 43: Eat Like A Gourmet	DAY 44: Enjoyable Exercise	DAY 45: Pure Refreshing Water	DAY 46: Fresh Living Fruit	DAY 47: Energizing Salads	DAY 48: Vital Vegetables	DAY 49: Restful Reflection

Week 8

DAY 50: Motivation Control pt.1	DAY 51: Motivation Control pt.2	DAY 52: Eat What You Want	DAY 53: Your Results	DAY 54: Excuses and Reasons	DAY 55: The Ultimate Success Formula	DAY 56: The Beginning