



Start Losing
Weight with 3
Simple Mind Shifts



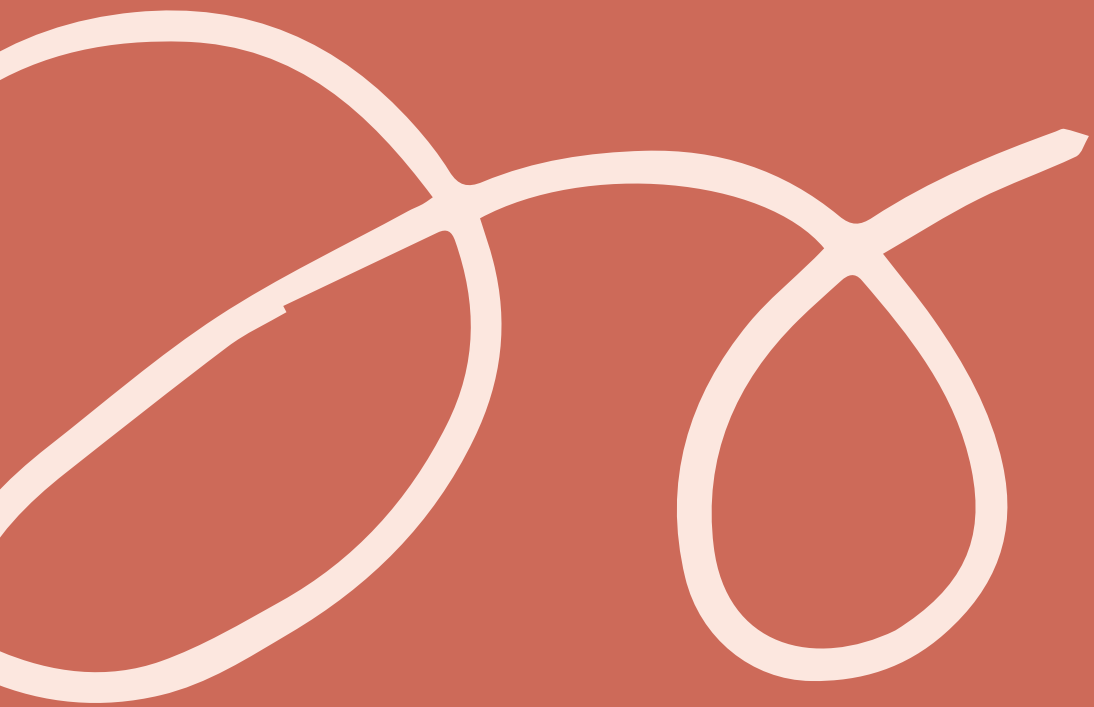
The Mind Shift

Successful weight loss starts with a shift in thinking. For years the solution to losing weight has been extreme diets and exercise. While nutrition and movement are essential, we also need the "mind muscle" so that the body and mind unite toward the weight loss goal.

Included in this PDF are three mind shifts that you can start doing today in order to begin living your weight loss dream.

-Ariana





1. What is your
WHY?





Every journey starts with a why.

When you shift your mind into a "why" thinking brain you begin to understand your true motivations. Understanding the why behind your actions is incredibly important, especially when it comes to losing weight.

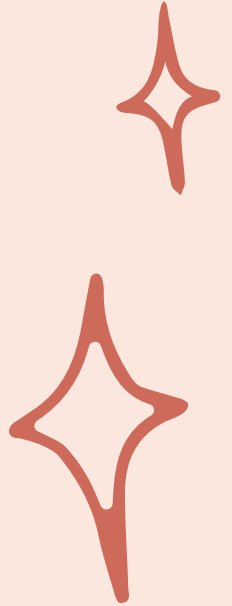
During the tough moments, you want to think back to your why. It will remind you why you chose to venture into this unknown in the first place. Usually, we can come up with a surface reason behind why we want to do something but that is not our true deep reason...



Dig Deeper

You may want to lose weight because you're ready to stop wearing maternity clothes. Or maybe, family members take it upon themselves to comment on your weight and your food intake without your permission and you are tired of hearing it.

These are normal reasons to want to start a weight loss journey, but you want dig deeper so that you truly understand why losing weight is important to you.



Here's an example of a weight loss why (each why builds upon the other):

Why # 1: Wearing regular jeans instead of maternity jeans will mean that I feel more attractive.

Why #2: Wearing those jeans means I will be more confident.

Why #3 If I am able to fit into regular jeans then that means I can live a more carefree life because my focus won't be on my weight.

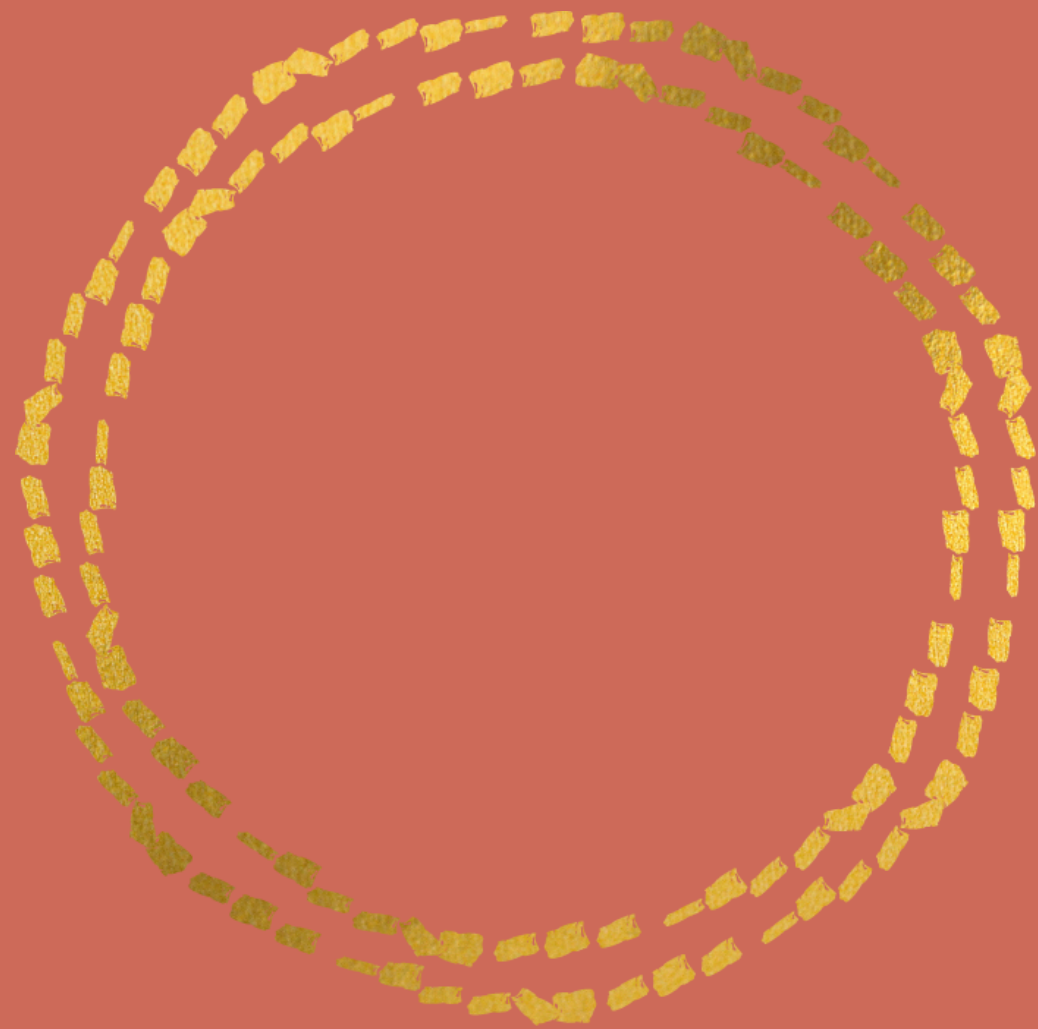
Why #4 (aka the Dig deep why) wearing regular jeans means that I no longer care or worry about how "big" I am or what others think. I can live my life on my terms.



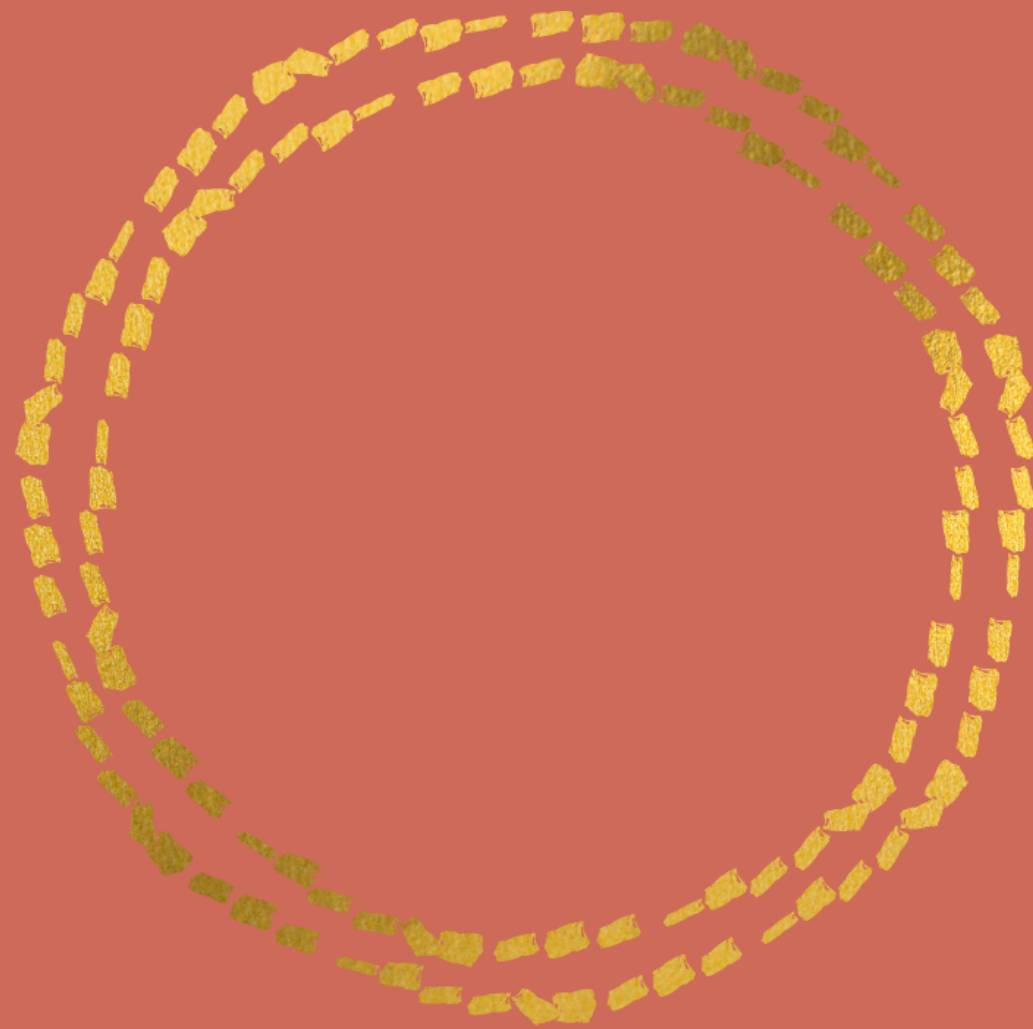
Your turn

Why do you want to lose weight...

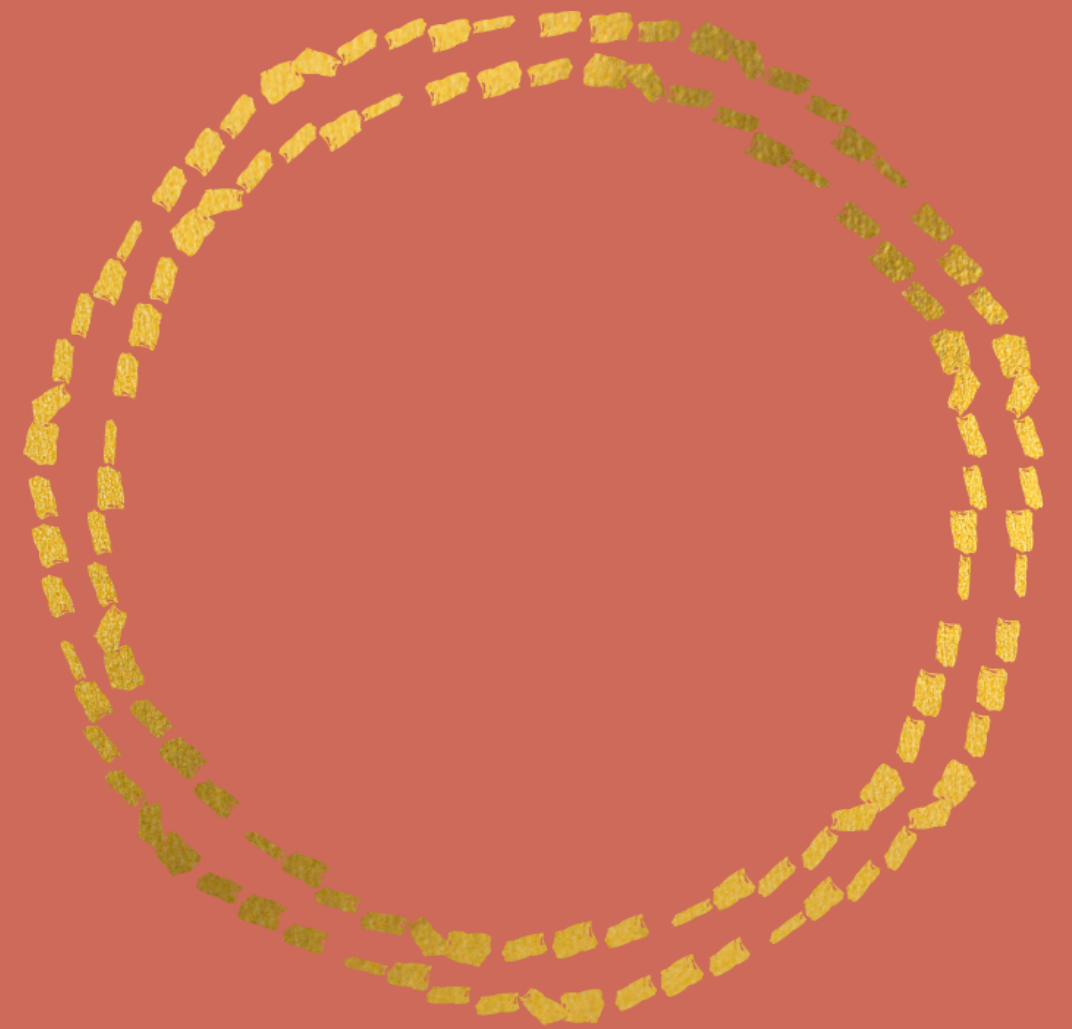
Why #1



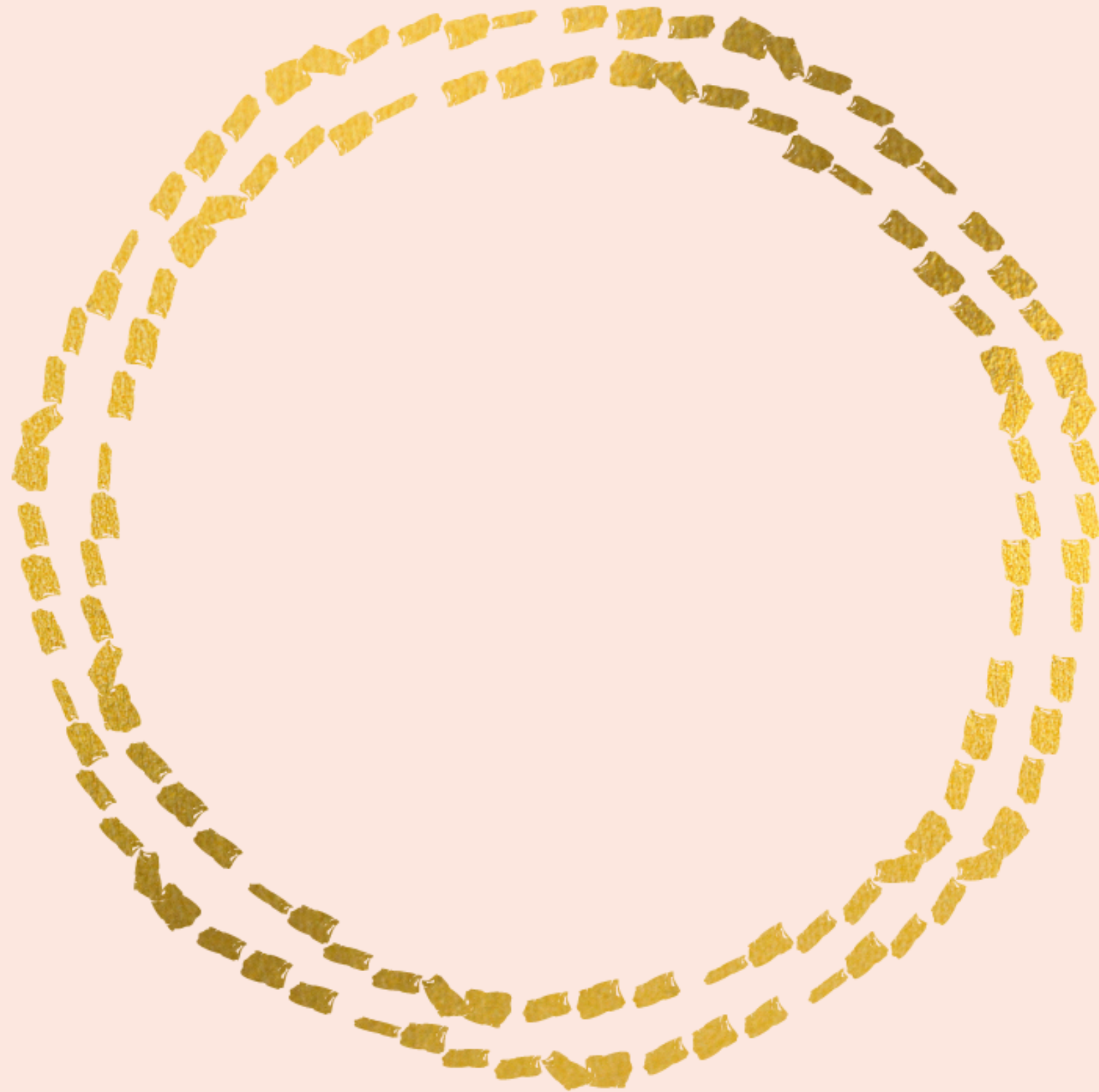
Why #2



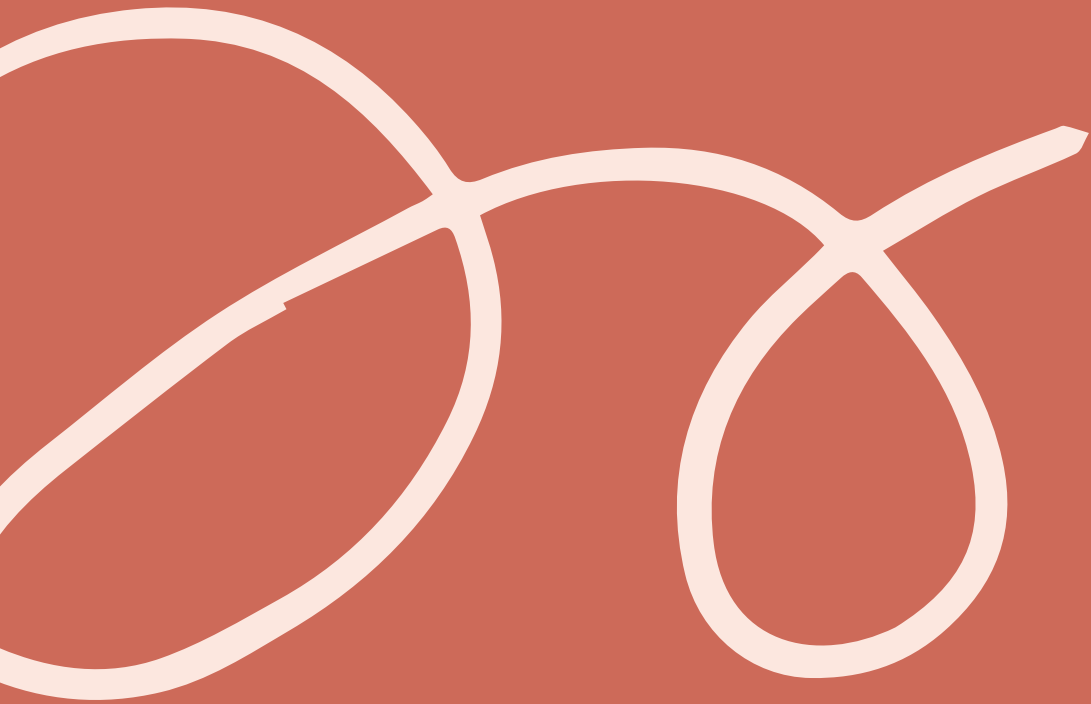
Why #3



Dig Deep Why #4



POST THIS ON YOUR WALL

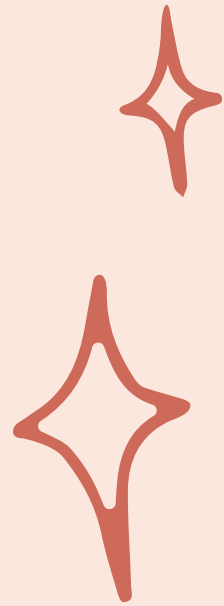


2. Let Go



Whether this is your first time trying to lose weight or your tenth time, choose to let go and believe.

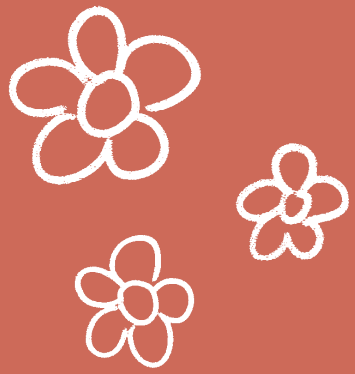
Let go and BELIEVE.



When we start a new goal, we are so motivated we dive DEEP. But then, we let fear get the best of us and we start to tell ourselves how scary it can be if we don't meet our goal. The idea of not meeting that goal can create a feeling that we are a total failure...suddenly, it is "safer" to go back to the way we were (think, self-sabotage...think, a mind shift is needed).

BELIEVE-ing the change you want is possible takes a shift in thinking. Once you begin to let go and allow yourself to believe in yourself and the power you hold within you to stay committed, the changes you can make are limitless.






How many times have you held yourself back because you:

- didn't believe in yourself
- were too afraid
- just wouldn't allow yourself to feel good

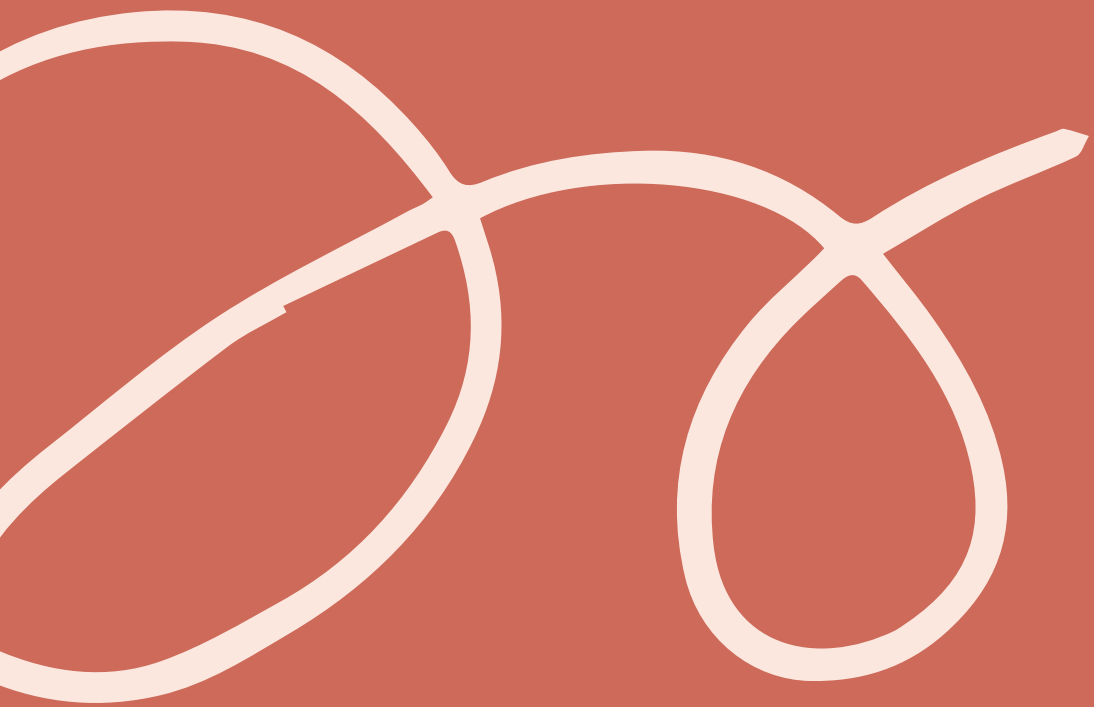
Believe that this time, things are different. And, they are different because *you are here now.*



Are you ready to let go and BELIEVE?

Write "I believe" here (obnoxiously BIG) and
post this on a wall where you will see it 

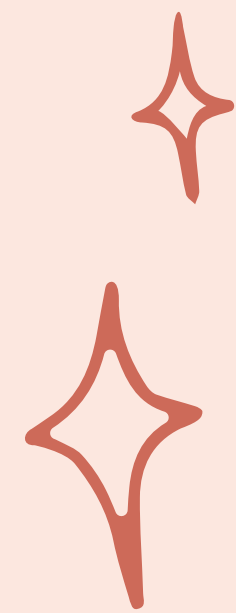




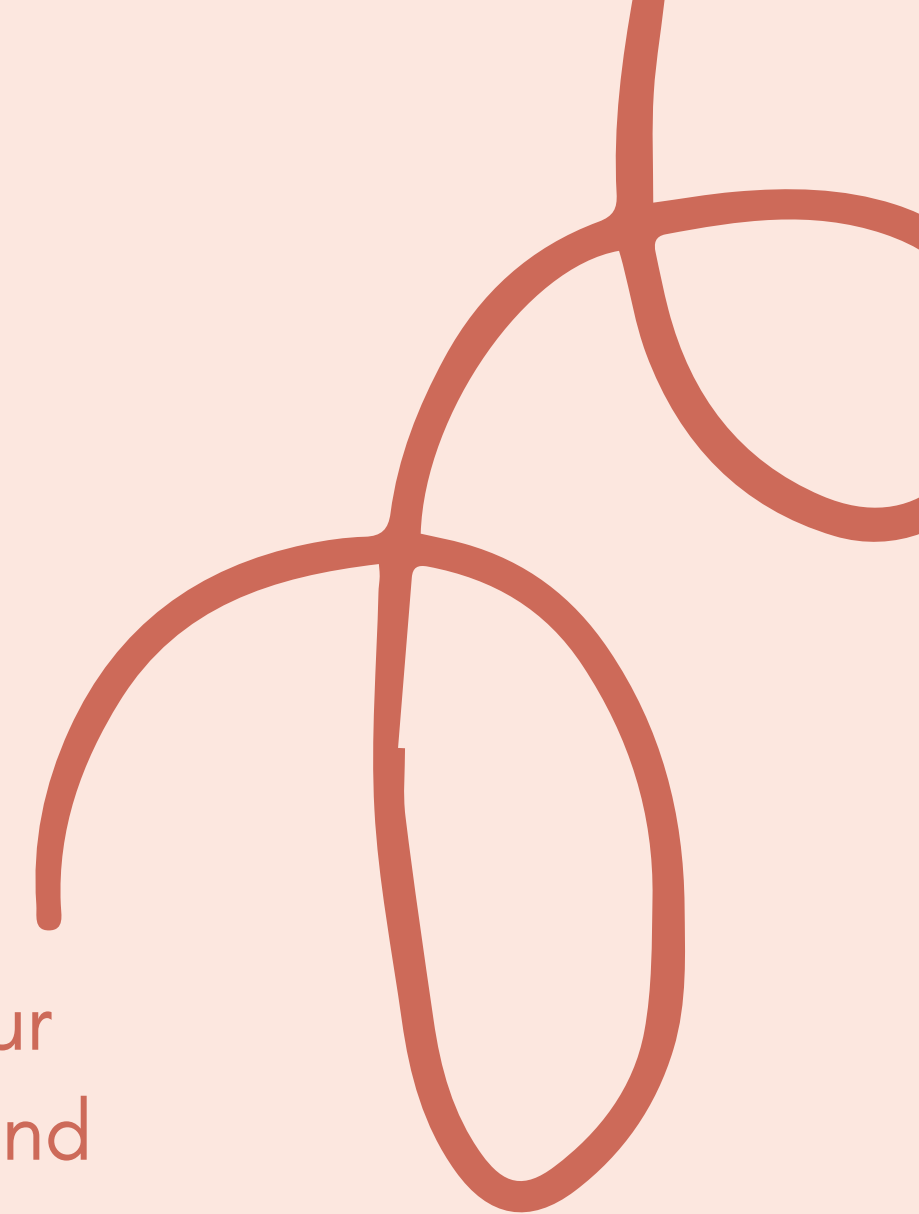
3. One Change



No change is too small.

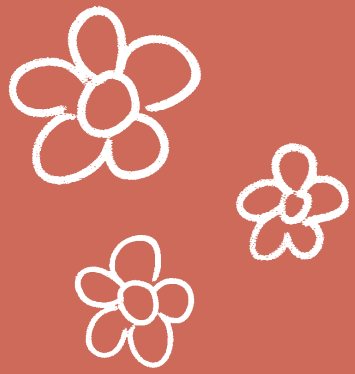


Small changes, BIG results.



Unlike what you may have heard, wanting to make a change in your lifestyle *does not* have to involve everything in your life. It is okay and actually better to choose one thing at a time and focus on it. This mind shift creates mini victories on your journey along with a new way of viewing success.

Developing your "change making muscle" takes time. BUT, the more successful changes you make, the easier it gets!



Maybe you want to start moving more and would love to start going on walks. But, going on walks every day sounds like too much commitment. Starting off small is the best way to begin! Your one change could be that you decide to walk 3 days a week for 15 minutes.

With time, this change making muscle will get stronger and stronger. You will start to see changes in your life as exciting and find that you are up to the challenge versus being intimidated by it.



Change can be easy

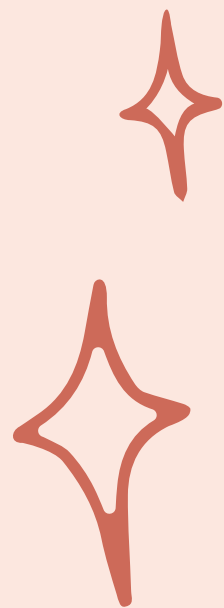




There is only one thing
that makes a dream
impossible to achieve:
the fear of failure.



-Paulo Coelho



You are doing great!



Weight loss is a journey. Stay on your path and you will reach your destination.

