

It's Not Just About The Food!

Module 2:

2.1 Why?

Step One:

Your Unconscious Mind is Hard-Wired to respond to “why” and “how” questions by building evidence to support the presuppositions in the question. It can't not support your questions. The key is to ask really good, empowering, intelligent, positive questions...

What's your motivation for actually showing up and taking action? What do you need to lose weight now? Why do you have to correct your current health path now?

Write out your overall “Why?” or Motivation for taking powerful, consistent, sustained, intelligent action right now to release the excess stored energy we call fat and build a strong, lean, fat burning machine of a body now?

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Step Two:

Next create some affirming why and how questions to “program” your Unconscious Mind to start assisting you.

Make Sure your “why” questions presuppose the result you want.

Your why and how questions need to be worded positively. Focused on what you want NOT what you don't want. Below are some examples. Either use them (write them out in long hand) or create your own specific questions based on my formula.

- Why Do I move my body today?

- Why do I take exquisite care of my body today?

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- Why do I make fat burning food choices?

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- Why do I burn fat and build muscle?
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- Why do I take exquisite care of my self today?
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- Why do I appreciate and love my body so much?
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- Why do I achieve my goal weight?
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- Why do I cure myself of diabetes?

- Why do I do whatever it takes to heal my body?

- Why Does it Work Out Better Than I Can Possibly Imagine?
