

It's Not Just About The Food!

Module #1.1: SMART goals.

Step one - What's Your Base Line? Where are you now?

(Want Extra Credit? Get one of those cool new scales that have Body Fat %, Water %, Muscle %, Bone%)

a. Current weight? _____

b. Current measurements? _____

c. Current Health challenges? _____

d. Clothing Size? _____

Step Two: Where Do You Want To Be? What Do You Want?

a. Goal Weight: _____

b. Goal Measurements: _____

c. Goal for Health: _____

d. Goal Clothing Size: _____

e. Goal NRG level? _____

Step Three: Write out your specific goals in the SMART format.

Simple/Specific,
Measurable,
As if now,
Realistic,
Timed

It is Now _____ and I am now or I now

_____.

My example: It is now May 1st, 2015, and I now weigh 205 pounds. my muscle % is 38%. my body fat is 15%. My abs are clearly defined, my belly measures 34 inches, I now easily wear pants size 34/34 (or smaller) My energy level is at an all time high.

Step Four: Time Line

- Make a vivid picture of you seeing yourself having achieved your goal.
- Make it big, powerful, compelling, exciting, positive....
- Then step in to the picture so you can feel what that target goal feels like...
- Then step back out of the picture
- Grab the Picture and float up above your timeline above the specific target date...
- Breathe 4 deep, powerful breaths into the image. Charge it up. Sprinkle fairy dust into it. Energize it.
- Now, let it float down in to the specific date. Feel it “click” in to place
- Turn and look back and see all the things that happened on the way to you successfully reaching this goal.
- Turn and look out into the future seeing all this good stuff continuing on into your future sustainably.
- Then, let go of the form and float back to now... “letting go of the form” means being okay with something even better. It also means that if your goal was to lost 15 pounds and you only lost 14 pounds, you still were successful...

Module 1.2: Menu

Food log...

1. What?
2. When?
3. How are you feeling before and after eating?
4. extra credit: What emotion(s) are going on? Are you soothing? What's really bothering you?

Make a quick note of the Time, what your pre-food emotion was, What the Food was you ate and the post food emotion: Print out at least 7 of these blank pages and use a separate sheet for each day. or just use a piece of blank paper and organize it even better than this...

Use the handy food log form on the next page that I slaved for actual minutes over to make it easy for you LOL :o)

Module 1.3 Movement:

Introducing the S....L.....O....W.... SQUAT.

Module 1.4 Hypnosis Session to Install your SMART goals

Nothing to do, just sit or lie back and relax....

Date:

Date:

[illegible]