

## **Change Your Mind about Weight Loss Course Outline**

### **Session One:**

- Redefine or eliminate some words in your weight loss vocabulary (indulge, struggle, willpower, motivation, cheating, discipline, deprivation, diet) that may be holding you back.
- Clarify your vision/goal in a way that is meaningful to you and compelling enough to work towards.

### **Session Two:**

- Create a reasonable, effective and sustainable eating and activity plan, based on your own preferences, limitations, and daily schedule.

### **Session Three:**

- Learn how to track your progress and hold yourself accountable in a positive, non-judgmental manner.
- Create a daily routine to reinforce your behavior and help you maintain your new lifestyle.

### **Session Four:**

- Learn how to recognize and avoid rationalization in your thoughts that can sabotage your efforts.
- Learn how to train your brain to think positive thoughts about how you maintain your body, and ultimately free yourself from guilt and struggle.

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