

Redefining/eliminating some terms

Words to eliminate from your weight loss vocabulary (because they serve to hold you back).

- **Struggle** – This is a word with a limiting definition and the word needs to be eliminated from the weight loss vocabulary. It is not a struggle. It is a failure to make a decision about the direction we want to go and then close the discussion of the topic. There is no struggle when there has been a determination of what is to be done. A struggle also implies two opposing entities, and allows for the possibility we won't be strong enough. It is a negative word that holds us back.
- **Willpower** – This word conjures up visions of white knuckles and strength and carries with it a strong possibility that maybe we won't be strong enough. Instead of willpower, think.. WILLINGNESS. What is it you are willing to do? Are you WILLING to change your lifestyle?
- **Cheating** – What do you think you're getting away with?

- Let's use the analogy of your bank account.

Ever go to the ATM and think "I've been pretty good following my budget this month, I'm going to cheat and take \$500 out because I've earned it."?

What happens? The bank statement comes around and the withdrawal shows up, doesn't it?

You get a little bit of interest here, there's an ATM fee over there...

If you deposit \$100 one day (because you ate a healthy mix of foods and got a good workout) and then withdrew \$100 the next day (your "cheat day")... well... what's going to show up on the bank statement at the end of the month.

It's ALL a package. It ALL counts... Additions and subtractions...

- You are the SUM of all your small steps. There IS no cheating. Your body will always send you a statement!

Stop thinking in terms of cheat days. Instead, allow some flexibility into your diet (what you eat on a regular basis) so you don't go nuts. This is a regular pattern for 90% of your life. Events happen. See them as events. Don't see them as something to look forward to!

Words to redefine:

- **Diet** – what you eat on a regular basis.
- **Discipline** – is not about punishment. It's about maintaining the course. It's about training and perseverance and learning where the boundaries are. Children who learn discipline are calm and secure because they know what the rules are.

If you want to reach a particular goal, you will need to be disciplined and work towards it with purpose.
- **Motivation** – Motivation is **Focus and Priority**. When you define something as a priority, and continue to focus on it, you will have motivation. If it isn't a priority to you, or you don't focus on it... you have no motivation.
- **Indulge** – We generally think of indulging as eating too much food, or eating food that is not particularly healthy. We think we want to indulge. We think we must struggle NOT to indulge.
 - Twins in the NICU – there is only nurturing or abuse. No concept of indulging.
 - Indulging a toddler who throws a tantrum and wants candy creates a child who continues to throw tantrums and becomes a monster. Indulging (giving in to a tantrum) occasionally confuses the child. Discipline (setting clear boundaries) creates a happier, more calm child.
 - Indulging a teenager who wants... pretty much everything! – creates a brat.

We think the opposite of indulging is deprivation (see below). By realizing that indulging is NOT something we want to do, we can replace it with two other choices – **Nurturing or abuse**, and the decision is easier to make.

So.. why is it you think you want to indulge again? Stop using this word, or thinking about it, as if it were something positive. It absolutely is NOT.

- **Deprivation** – Is it all right to deprive your body of proper nutrition? A proper diet is satisfying and delicious. There is no deprivation. If you feel deprived, eventually you are going to give up and inhale something. Moderation in everything.