



# Motivation for Behavior Change



## You Can Be Who You Want to Be, Now!!

Do you have goals you'd like to achieve that require "will power" that you just can't seem to maintain? Are you feeling like you've failed so many times that you'll probably never reach your goals?

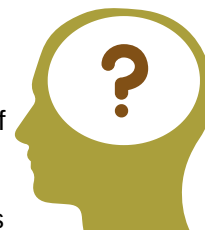
Despite all those years you promised yourself, "I'll do it *this time!*", you actually can do it *this time*. You are a human being with the ability to make choices which means that you really can choose to do things that you want to do, right? The only thing that stops you from continued success is that you're likely relying on will power instead of creating permanent improvements in your thought processes. Really think about the sections below and how they apply to you.

### Ever Had These Thoughts?

"I've eaten so good all week long and lost a couple pounds so I totally deserve to have a fun this weekend and eat what I want."

"Anything is OK to eat as long as it's in moderation (including this bite of cheesecake ...and slice of pizza...and...and...and...whoops)"

"I do feel better when I eat according to my food plan, but you can't expect me give up my favorite foods forever!"



## Ask Yourself... What Is Your "Why"?

WHY do I want to make these changes I'm considering?

What will I tell myself when I'm feeling like I can't continue?

Is quitting or sabotaging myself going to help me reach my goals or just set me back, making the whole thing take longer?

Do I really need to taste the food I'm craving one more time or can I just remember what it tastes like and skip the regression?



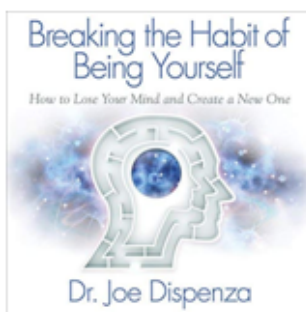
## Change old thought patterns to new ones

*\*you will need to make these thoughts a priority in your mind's constant conversation with itself. If you don't relate to the statements below, think of what your own negative self-talk loop might be and what you can say to yourself to reverse it. Really process these words...*

I will eat the appropriate portions of foods at this meal. I don't need to eat past fullness because there will be leftovers for me tomorrow when I can enjoy this flavor again. I'm an adult that can certainly wait 24 hours to have another serving of this item! I will be the person who has control over food and not allow myself to feel controlled by it.

I have control over my health destiny and I am deciding to feel better every day going forward. When I think about eating the wrong thing I'm actually choosing to sabotage my efforts and hurt myself. I will not be that person.

## Inspirational speakers to motivate you through your mental upgrades



### Joe Dispenza M.D.

Dr. Dispenza has countless materials for free and for purchase on the topic of how to change self-harming thought patterns. He promotes the fact that we are all able to create any reality we want for ourselves, we just need to know how and take time to do it. Amazon music has a free meditation by Dr. Joe.

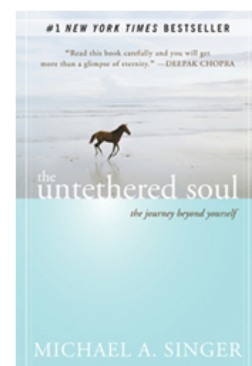
[www.drjoedispenza.com](http://www.drjoedispenza.com)



### Tony Robbins

Tony has been a motivational speaker for years and is extremely well known. His not-cheesy approach makes what he says useable and believable for you to apply in your daily life. He has lots of free content on his website, blog, podcast and your library is sure to be loaded with his books. Watch I Am Not Your Guru on Netflix.

[www.tonyrobbins.com/podcasts](http://www.tonyrobbins.com/podcasts)



### Michael Singer

Michael is easy to listen to and his book is groundbreaking to read. He helps you understand why you created the repetitive thoughts you have and how to detach from them. The goal is to create lasting change for the expectations you have for your life, not just related to food. He has an amazing course you can take online using the link below.

[www.soundstrue.com](http://www.soundstrue.com)