**10 minutes to get in the weight loss mood**

Welcome to my blog and thanks very much for giving me your time. I will use it well, to help you get in control of your eating and so lose weight. To do this, I need just 10 minutes of your time.

I’m going to start by making you feel positive about what your future holds.

**Your weight loss test**

Let’s start by making a test. I want you score how you feel about yourself and your weight at this minute. If you feel really rotten with how heavy you are then score yourself 1 if you feel just a bit fed-up then 5. . . and so on, you get the idea.

Now I’m going to ask you to think of some things to get you on the right path. I’m pretty sure you are going to feel much more positive about yourself and you are going to see how you can change by the end. When you’ve finished you can score yourself again and see if you feel better.

**Advantages of being slim**

I would like you to get a piece of paper and write down 10 advantages of being slimmer (things such as nicer clothes, or more energy or looking and feeling sexier. . .what comes into your head will be right for you).

**Imagine being slim**

Then sit back and close your eyes. I want you to imagine a day in exactly one year’s time when you are slimmer – perhaps have reached your ideal weight or you are well on the way to it. Now make this imagining as strong as you can – really put lots of details into it. What are you wearing? How are you moving? What are people saying? Feels good doesn’t it?

**What is keeping you fat?**

So open your eyes now and ask yourself what you need to do to achieve this vision. “Eat less,” I bet you are saying. And that is almost certainly true, but let’s try to make this a bit more about you and a bit more specific.

It’s time to be honest with yourself. I want you to focus on the MAIN THING that is keeping you fat. Perhaps it’s that bottle of wine every night, or the fact that you get through half a pack of biscuits at work every day. Do you eat too much sugar? Or your portions may be too large even if what you eat is healthy. You will know what it is that is keeping you fat. Now focus on it.

Be honest with yourself. (There may be other things you need to change in addition to this main thing, but we need to start somewhere.) It is best to start with this main thing as that will make the most difference once you change it. You will see results more quickly.

**You will lose weight if you change**

Now we are at the final stage. Think of ONE WAY you are going to change this MAIN THING which is keeping you fat.

Again there may be quite a few changes you may need to make further down the line, but if you change one thing then you will notice a difference. Making that difference will give you the confidence that you *can* change.

Close your eyes and imagine strongly what tomorrow will be like when you have made this change. What will you do? What will you say to others? How will you feel?

**Positive about weight loss**

Okay, that’s it I have had 10 minutes of your time. Now score how you feel about yourself and your weight.

Better? More positive? I hope so.

Well that was a good start in 10 minutes wasn’t it?

Come back next time for some straight talking on how to deal with some myths around fat. Or phone me if you would like a face to face or Skype consultation to help you get your mind in the right place to eat well.