

How to get into action to lose weight

"With ease and in a way that will last"

Part 1 of a five part series



Ask the question

So what is it really going to take for
you to get into action ?

Seriously what is it going to take

Now write down what comes up!

Here are some proven *movers and shakers*

- **Desire** – for the things you want
- **Fear** - dire consequences if you don't
- **Threshold** – enough is enough!
- **Dissatisfaction** – with the way it is
- **Higher purpose** – something bigger than you

You 1st need to get some leverage on yourself

- If it's not happening - Engineer it
- You need to get your mind on-side and make it a priority
- Combine Inspiration with strategy
- Start with the above movers and your "*existing seeds*"

Strategy, inspiration and seeds?

- I'm providing the strategy for you – as you are about to find out; most people are relying on the wrong things to try to 'get motivated' – *“they have motivation all wrong”*
- The “seeds” provide your initial in-spiration. The seed is whatever it is for you that is moving you to want to lose weight. You need to start there, bring that to life and use it to get to the things that are worth moving for - FOR YOU.

The seed is what qualifies you to be here – if you didn't have it you wouldn't be reading this. You just need to know how to tap into and harness it.

Your next question is.....

Why aren't you doing it now?

Why haven't you taken action already?

You'll come up with a bunch of 'excuses' but I'm going to tell you why you haven't acted YET....and it's not so much about your excuses?






**Why aren't you moving? (why aren't
you taking action to lose weight?)**

*"Even though you know it's important, you either need to or you want to -
or both, yet crazily; you still aren't doing it so what's with that?????"*

Here's why you aren't doing it

- You know it only intellectually – *it's superficial and worn out*
- *You're not getting to the DRIVERS*
- You're not FOCUSSING on it
- You don't FEEL it as important
- It's not over-riding the pull to stay the same
- You're not connecting the desire to the doing!!!



There-for ...
**you are relying on the wrong things for your
“motivation”**

And there is no committed decision -
i.e. a decision that is followed by ACTION

*“You are basically left trying to get yourself to do a bunch of stuff you
don’t really want to do”*

You are left relying on...

- Will – power
- Discipline
- Logic and rational thinking
- Your mood in the moment
- Having to try and force yourself to do it and stay motivated

“That’s not what true motivation is made of – you’re left fighting yourself, it’s fickle and it will never last ” AND IT’S THE HARD WAY – maybe you’ve already proven that

So what’s the right way – “or at least a more effective way”



INSIDER WEIGHT LOSS MOTIVATION SECRETS

HOW you start has a huge bearing on whether you will actually do it and whether it will last or not.

How to make this time 'different'

- Two out of 3 critical mind-set shifts

1/ Focus on what having lost weight **WILL GIVE YOU** –
Because that is what you want anyway

2/ Get deep into the **WHY POWER** –
Because it's the why power that drives the will power

You'll find number 3/ near the end of this presentation

- **The what needs to be fuelled by the WHY**
- **Get turned on to the required action as well as the end goal.**
- **The key is to get to a place where; everything you do comes out of a feeling of moving towards what you really genuinely want.**

(These are absolute weight loss game-changers)





**So what is true weight loss
motivation made of?**

The true essence of 'WLMotivation'

- Counting what counts! – establishing what's truly important
- Your ability to imagine an end result (good or bad) and feel about it
- Putting it on your important list - raising it up the priority scale
- It's simply got to be perceived as worth it

**= WILLINGNESS to do what's required > leading to
A COMMITTED DECISION!**



How do you go from not motivated
to a motivation that leads to
ACTION?

The Magic Motivation Formula

3 by 3 formula - The 3fs and the 3cs?

Find it – YOUR BIGGEST REASONS

Focus on it – bring them to the foreground

Feel it – focus in a way that makes you feel it

Capture it – tap into it at will

Connect it – to what you need to do

Ceep it to the fore – so it does the work for you


The four questions you **MUST** start with...

- What is important about losing weight? (to you)
- Why is losing weight important (to you)
- Why else is it important? (flesh out everything)
- When you have (insert *what ever comes up*) what does that give you?

You must ask these 4 questions about each successive thing that arises as you go. You need to get to the reasons behind the reasons – your personal DRIVERS

The four keys to a motivation that works..

- **Finding your highest drivers** (get to the reasons behind the reasons)
- **Going beyond thinking about it to feeling about it** (it's the feeling that moves you)
- **Connecting the feeling to the action** (infuse the 'doing' with the 'desire')
- **Going there powerfully and regularly** (*keeping it to the forefront on purpose - in the beginning*)



“I challenge you to just do the questioning exercise I outlined above – to then step back and look at your answers and *NOT* feel “motivated” and ready to do something about it”

Because (amongst other things) you are going to discover that it's way, way, way! more important to you than you thought

6 Motivation Magnifiers

- **A committed decision** – knowing it will be worth it
- **Belief** - You will get what you're after
- **Urgency** – A big reason to act NOW! rather than later
- **Accountability** – to more than yourself
- **Conditions** - surrounding yourself in support
- **Inevitability thinking** – Setting up to succeed

All of the above can be strategically
engineered!

**“What if there was a way to do all of this in
one foul swoop?”**

Introducing the...

1 STOP WEIGHT LOSS MOTIVATION METHOD

Getting into action summation...

- You need to take the seeds of desire or dissatisfaction that are there within you, amplify and engineer strong feelings, add urgency and keep that to the fore intentionally. Then you need to act on (and through) those feelings and continue to reinforce the connection between the feeling and the action – so the action feels good in and of itself. At that point your nervous system will begin to do the work for you and you'll gravitate towards the behaviour that will lead you to the results you want without trying or even thinking. (C.M.Elliot. Weight Loss Mindset Coach)
- ***Hopefully this has inspired you to take the next step (and this is not some sort of a sale here – I'm sticking to my word) What I'm giving you is a link to a free report that can totally change your weight loss world if you grab it, treat it as important and apply what it shares.***

Here is your link to the **Free Report** that contains the **1 stop** motivation method plus **2 other key steps** you'll now relate to...

www.weightlossfrustrationtofreedom.com/freereport2

I urge you to get your copy now – while you are feeling inspired.....



**That's great but"how do stay
motivated ?**

Answer = you don't – nobody does!

O.K so here is the 3rd essential mind-set shift I eluded to....

To 'stay motivated' (without it being an on-going effort) You simply must MOVE from the old idea of 'motivation' to the new concept of a 'Strategic alignment'

What's the first critical step in a 'strategic alignment? - that's right....[read the report](#)