



## Planting seeds of success



A farmer and you have one thing in common. You are both planters of seeds. Your seeds are somewhat different from the farmer's however, as your seeds are of a psychological nature: they are seeds of thought and behavior. While the farmer plants his seeds in the ground, you plant yours in your mind. And just as the type of seed the farmer plants in the earth determines what he produces in his field, the kinds of thoughts that you plant in your mind determine what you produce in life. Changing your mind is crucial to losing weight as most of the times your negative thought patterns (seeds) keep you from losing weight. Here are two techniques that will help you align your mind with your body and what you

want it to be:

### 1) **Think yourself thin – train your mind:**

Do this exercise first (no questions asked – just do it). Identify all the negative and self-defeating thought patterns that keep you from doing what you want and being who you want. Write them down! *Here are some examples to get you started:*

- a) I'll always be fat
- b) No diet has worked for me
- c) I lose some weight and then put it all back. Etc.

Write as many negative thoughts as possible, write as many as come to mind. The more you write the more thought patterns you will be able to change. Take your time and do it, then come back to this article.

Great, well done!! Now, let's go to the second part of this exercise.

Brainstorm a positive thought to replace each negative thought and again write them down.

*For example:*

Negative thought: (a) I'll always be fat.

Positive thought: (a) I've been fat long enough. I intend to be thin for the rest of my life.

Negative thought: (b) No diet has worked for me.

Positive thought: (b) The diets that I have tried have taken away the overeating for a while. Now, I intend to follow a true diet (derived from the Greek word "diaita" which means "manner of living") and I'm sure it will work because I am changing the way I think.

Negative thought: (c) I lose some weight and then put it all back.

Positive thought: (c) I intend to keep off all the weight I lose with my new way of thinking. I will go a step at a time. It is possible and I can do it because I have strengthened my mind.

Again take your time to do this. Then come back to this article for the second technique that will help you strengthen your mind.

Well done! By now you have managed to go from a negative state of mind, which guarantees failure, to a positive state of mind which will undoubtedly and unquestionably bring you to the new you. Remember though that you have to keep these positive thoughts in your mind. If you catch yourself falling back to the negative thought patterns, STOP, and twist your mind around. Think with your mind and FEEL each thought in your heart. FEEL the positive thoughts; SEE them live in front of your eyes. Even think of a script and talk it out loud to yourself. Vision yourself going in your favorite store, finding an amazing pair of pants and stretching your hand out seeking the smallest size. Pick it up, walk to the changing rooms and try the pants on. SEE yourself in the mirror. Wow!! They are perfect. Now, this is a positive thought pattern. FEEL it.

## **2) A misconception – the «ban all or nothing» mentality:**

This is definitely a negative thought pattern. And I'll explain by posing two simple questions to you: (a) Have you ever given up on working out just because you skipped one or two workouts you had scheduled? (b) Have you ever blown your diet in a day and then gone on a junk food binge because you felt like a failure? If you answered yes to these questions, then you need to switch to the positive thought pattern. The trick is to think of your setbacks as opportunities to do better. Forgive and forget and focus on accomplishing your goal. Think of how much you've enjoyed that "treat" and feel yourself in that changing room wearing the smallest-sized pants while feeling and looking fabulous! The next time you are about to binge or skip a workout first think of WHY you are about to act this way and then feel the script you developed in your mind. This is huge motivational step. If the answer to the "why" is because you are depressed, angry, stressed, sad or bored, STOP, and think positive thoughts. Switch your mind.

And finally, always remember that what has been has nothing whatsoever to do with what can be!!! In other words, the past does not equal the future!