



From Fat to Thin Thinking



IDEAL WEIGHT EXERCISE

Close your eyes and imagine being at a weight that feels healthy, stepping on the scale and seeing that number. How does that feel? Good, comforting, unbelievable? How does your lighter, slimmer body feel standing on the scale? Take a deep Shift Breath and open your eyes. You can adjust your ideal weight goal at any time if that first number feels unrealistic.

My ideal weight goal is: _____

Now that you have your ideal weight in place, you can engage your mind in very specific visions of yourself at various points along your weight-release journey and beyond. In forming a vision for yourself, you're also etching new neural pathways in your brain that begin making thin thinking circuits to the desired outcome.

VISION SHIFT EXERCISE

This exercise requires writing down your three visions so please grab your journal and on a new piece of paper write Short-Term Vision, Ideal-Weight Vision, Long Term Weight Mastery Vision with plenty of space beneath each to write in.

Create Your Short-Term Vision

Imagine a specific place and time 30 days from now. You have completed the Shift Weight Mastery Process. Close your eyes and imagine it fully, as if you are really in the place and time. What are you wearing? Where are you? Who are you with? Or, are you alone? What are you doing in the scenario? How much weight have you released? How do you feel? How does your body feel? Open your eyes. **Write what you see in your vision. Do not worry about spelling or how it sounds. Write from your heart.**



Take a deep Shift breath and bring your 30-Day, Short-Term Vision deep within you. Allow it to be the new map that guides your unconscious mind.

Create Your Ideal Weight Vision

Imagine a specific place and time in the future when you have achieved your ideal weight. Imagine it fully as if you are really in the place and time right now. What are you wearing? Where are you? Who are you with? Are you alone? What are you doing? How much weight have you released? How do you feel? How does your body feel? What is your life like now that you have achieved your ideal weight? What dreams are you living? How have your relationships with yourself, your family, friends, and others improved? How has your health improved? How has your self-confidence improved? How have your finances improved? **Open your eyes. Write what you see in your vision. Do not worry about spelling or how it sounds. Write from your heart.**

Take a deep Shift Breath and bring your Ideal Weight Vision deep within you. Allow it to be the map that guides your unconscious mind.

Your Long-Term, Weight Mastery Vision

Imagine yourself in a specific place five years from now. You have maintained your ideal weight. What are you wearing? Where are you? Who are you with? Are you alone? What are you doing in the scenario? How do you feel emotionally? How does your body feel? How is life different after maintaining your ideal weight for five years? How has that impacted your health? Your confidence? Your self-esteem? Your feelings of peace and self-mastery? How has your long-term release impacted others in your life? How do they view you differently? Has your mastery



affected them in a powerful and positive way? How has your Weight Mastery affected your community? How are you a leader for health in your own life?

Open your eyes. Write what you see in your vision. Do not worry about spelling or how it sounds. Write from your heart.

Take a deep Shift Breath and bring your Life-Long Weight Mastery Vision deep within you. Allow it to be the map to guide your unconscious mind.