



From Fat to Thin Thinking



CURRENT WEIGHT SUCCESS BELIEF EXERCISE

On a scale of 0 percent (no belief in success) to 100 percent (no doubt that you will be successful) What percentage represents your belief in your Weight Mastery success at this moment? **Enter your belief percentage here: _____percent**

Good! If you said, for example 63 percent, that would mean that 63 percent of you believes in your ability to succeed with Weight Mastery and 37 percent has no belief that you will succeed. I call this 37 percent Limiting Beliefs.

Get to know a little bit about the gap between your Limiting Belief percentage and 100 percent belief of your Weight Mastery. The limiting beliefs holding you back are roadblocks to your future success. You are now going to shift right over all of those barriers.

WEIGHT STRUGGLE STORY EXERCISE

Answer the questions below quickly. Try not to edit yourself. Just let your responses flow.

MY WEIGHT STRUGGLE STORY

Take all the space you need to write your answers to each of questions below.

The Beginning: How old were you when your Weight Struggle story began?

How did you first know you were overweight? How did you feel about being overweight?

What were the many ways in which you tried to solve your weight struggle? List the diets, fasts, cleanses, and any exercise programs you did to release weight and the results.



What was the biggest humiliation associated with your Weight Struggle story?

In what ways has your Weight Struggle story made you feel like a failure?

What limiting beliefs do you have about your ability release weight successfully?

Are you beginning to see the way our Weight Struggle story holds power over us? Weight Struggler's carry that heavy history with them wherever they go. Every weight loss attempt becomes another chapter in our story with failure the predictable ending.

WEIGHT MASTERY STORY EXERCISE

MY WEIGHT MASTERY STORY

Take all the space you need to write your answers to each of questions below. During this process, please work with an open mind and push past the resistance to fall back into limiting beliefs like “this won’t work”. I will be prompting you with questions to help your mind “see” yourself and your story differently than your Weight Struggle story.

When did your Weight Mastery Story begin—how old were you? (This answer is the same as your Weight Struggle Story that you entered above.) It was the beginning of a powerful learning process of what works and doesn’t work for you and Weight Mastery.

When you released weight in the past, what worked for you? (List things you learned that you could apply now.)

What internal or external roadblocks in life kept you from long-term success?



How has your Weight Struggle been a journey of self-discovery and fodder for your Weight Mastery?

Are you feeling lighter now that the struggles of the past are gone and that you are now aligned with your success story? Let's now officially turn up that dial to 100 percent!

