



From Fat to Thin Thinking



MEET YOUR INNER COACH EXERCISE

I would like to begin by introducing you to your Inner Coach. You will get to know your coach well on your journey to Weight Mastery.

Directions. Close your eyes, take a Shift breath, and bring to mind a vision of yourself at your long-term ideal weight. In your mind's eye, see an image of what you look like, where you are, and what you are doing. This is the image you want to cultivate as your Inner Coach.

What does your Inner Coach look like? Describe in detail how they look, using the idea that they may look a lot like you will at your long-term ideal weight.

What kind of voice does your Inner Coach have? (Gentle? Loving but firm?) If you can't imagine your coach-like voice, think of a friend or mentor and use that voice internally as you develop your own. The best voice is probably the one you use with loved ones when you are encouraging them.

Evoke your Inner Coach. Take another Shift breath and close your eyes again. Imagine stepping into the body of you at your ideal weight, seeing through your eyes, hearing what you hear, feeling what you feel, and thinking the thoughts they have. Spend a moment acknowledging yourself at your confident, long-term ideal weight. It's still you, but this version of you is stronger, wiser, and more skilled at Weight Mastery than you are at the moment. You are evoking right now the essence of your Inner Coach.



Inner Coach Directions. Ask your Inner Coach the questions that follow and respond to them as your Inner Coach.

Inner Coach, what is the purpose of supporting (your name) in releasing weight? (It's most helpful for you both to want the same thing from this Weight Mastery Process. It may be health, energy, or feeling better?)

What is a higher goal that you want to achieve for (your name) other than health and weight release or whatever your original purpose (stated above) was? (Beneath your initial goal of releasing weight often lurks another goal that is more internal than external, such as confidence, self-esteem, or respect?)

What is an even a higher goal than the one you just wrote? (Really dig for this. Why lose weight? Why look great in clothes? Why get healthy? There are deeper core needs that your weight goals stem from. What is your core need? Is it security? Peace? Happiness?)

Without thinking about it, write whatever first comes to mind in answer to this question: What words of encouragement can you, as your Inner Coach, give to your Apprentice as you begin this process? (For example, "I believe in you." Or, "we can do this.")

Can you see that beneath your desire to release weight is the desire to be at peace and to love and respect yourself? How you communicate in the self-care area of your life is your experience of life. Can you see how changing the way you communicate with yourself on a daily basis supports your weight release and, more importantly, instills confidence, trust, and fortitude to release long-term? This is the Mastery part of Weight Mastery, and it is the game changer!

