

Recipe to Look Better Naked Group Coaching sessions 3&4

Presented by

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EVENT: Recipe to Look Better Naked Coaching Sessions 3&4
DATE & TIME: Thursday, October 30th at 8:30pm Eastern
FORMAT: Simulcast! (Attend via Phone or Webcast -- it's
your choice)

TO ATTEND THIS EVENT, CLICK THIS LINK NOW...

<http://www.brucebaircasss2.info>

Session 3

Last two sessions I asked you to list the reasons you wanted to lose this weight. I gave you the first one – Look Better Naked. You should have listed 9 or more reasons. Be sure to read these every day.

You were to make 3 decisions –

What diet to follow? Write it here

What is your back up diet plan?

What kind of exercise will you do?

Who will be your buddy/coach?

This week we want to talk about anything that presented as a problem in the past. What has stopped you from getting it done?

List the reasons here and be honest. Why did you not reach your goal or stay there in the past.

Why did you gain the extra fat? What contributed to it?

Organize your environment. Get what you can't resist or should not eat out of the house. It is wasteful to eat what you do not need, not to get rid of foods that tempt you.

At work:

- get your co-workers to put goodies on their desk in an opaque container or better yet out of sight.
- in the break room, get permission to put things away and leave notes to where they are.
- carry your lunch, and take some of your lunch time to take a 10 minute walk, even if it is only to go up and down the steps in the stair well.

Records:

In medicine they are essential. You must record thoughts, your answers to negative thoughts, your food intake and your exercise sessions and what you did. There is a reason you will succeed – you don't fool yourself and you do the right thing for the right reason.

You may also need a daily time schedule and on it schedule in exercise time, food prep time and other things you need to do to be successful.

How will you keep your records? The Ultimate Pocket Diet Journal has been popular with some of my students.

What is a response card or page?

When you have a negative thought – like this isn't going to work for me – turn it around. Write a response or two to that statement here.

You have to identify your negative thoughts. Some will be easy. Others will just be feelings. Guilt. Anger. Despair. When you feel any negative emotion, analyze why. That is why you need some way to keep records that you will keep with you and use, not lose. Only lose excess fat.

Do you have any negative thoughts now, or recently?

What were/are they? Write them here.

Now write a response like those we discussed before. Stop the recording and do it now or right after our live session ends.

Simple Rules-

-Never eat standing up ever – from now on always sit

- Never do anything else except eat – no driving, watching TV or anything else
- Eat on a smaller plate with smaller utensils
- Set a timer and do not eat another bite for 20-30 minutes after you finish a meal. You don't need to eat more free foods that you plan to. Know how many you need, eat them and then wait.
- Schedule meals and snacks on your planning sheet and adhere to the schedule.

Session 4

When you desire something to happen, if you do not write it down with a plan and a time table, it is just a wish. A goal is a wish or a dream with a plan and a deadline.

Use the SMART format to set Goals.

S= _____ , I want to lose weight is not specific. Write this desire as a specific goal.

M= _____ I want to lose 10 pounds over 90 days is specific and _____.

A= _____ It must make sense for you to do it. I want to be 6 feet tall but I am in my late 50's and that is not _____ for me.

R= _____ If I want to lose 15 pounds of only excess fat, I have to expect it to take a period of time. 10% of your total weight can be lost as fat in 3-6 months. It could take longer but it can not be done in less time and all the weight dropped be fat. It is not _____ to think it can.

R'= _____ You should celebrate your victories. When you reach a milestone, _____ yourself with a non-food item.

T=_____ It has to be done in a specified period or no progress is made.

If you don't like this system, you could think of your goal as a project. A project is tracked and each day there are items to accomplish. You can set up the project as getting me to lose 15 pounds in 3 months. You can then lay out the actions to be taken to accomplish this. Each day you focus on the "NEXT ACTIONS" to be taken that day.

This system is called [Getting Things Done](#) and it was written by David Allen.

What is something you are passionate about?

Is it something about church, a charity, a cause, your children or grandchildren? Maybe it is something you do like scrap booking, collecting, teaching or your full time work.

Why are you passionate about this?

Rate your passion on a scale of 1-10, where 10 is the most.

What did you rate it?

How consistent are you about doing something about this passion?

My sons, age 27 and 34 are passionate about sports. They love European and South American Soccer and American Baseball and Pro-Football. They can tell you about their favorite teams, who they acquired, from who for how much and so on. They keep up with all this stuff and their lives.

They don't do other things because they are reading or listening or talking about one of the teams.

What is your passion?

Now, compare your passion for this to your passion for your health. How does your health passion size up. 1-10 how much passion for your health?

Why not 10/10 for your health?

What do you need to change to change that passion?

My guess is you need to change your self-talk. You do it by making response cards.

What is one thing you said about why you don't have the passion. Here are things I hear often.

Somehow there is no time. Their kids, husband, job and other things take up all their time.

I have to do other things. I have to care for my kids, mother, boss, home, two jobs etc...

I don't like ...

It is hard...

Other people can do it but not me. I can't do that.

I can but it isn't fair. It isn't fair that I have to do this.

You get the idea.

Write a response to each of these. No longer than the statement above. What would you tell someone that told you they couldn't and if they don't they die sooner than if they do. You love this person. What do you say?

Write your response here, listen to mine on the MP3 or live on the call.

What are the advantages of eating correctly? What is correct eating?

Correct eating is eating enough to sustain your health at an ideal weight. It is eating to live and not living to eat. It is eating special high fat, high calorie foods only a few times a year, on special occasions.

Correct eating deals with CAT.

C=

A=

T=

Protein = __calories per gram

Carbohydrate = __ calories per gram

Fat = __ calories per gram

Alcohol = __ calories per gram

The last page is a time schedule for one day from 5 am to 9 pm or 0500 – 2100. Use is to keep your self eating and exercising on schedule.

TIME OF DAY	SCHEDULED ACTIVITIES
0500	
0600	
0700	
0800	
0900	
1000	
1100	
1200	
1300	
1400	
1500	
1600	
1700	
1800	
1900	
2000	
2100	