

12 Steps to Reach and Maintain Your Ideal Weight by Lindsay Kenny, EFT Master

Over 60% of our population is overweight. One out of three women and one out of four men are on a diet at any given time. The diet industry (diet foods, diet drugs, diet programs, etc.) takes in over \$40 billion each year and continues to expand. Two thirds of dieters regain the weight lost within a year and virtually all regain it within five years.

Why is that? Why do we eat when we're not even hungry? Why do people eat when they're bored, upset, happy, sad, angry, or lonely? Why aren't people more successful when trying to lose weight? And why do we quickly put it back on if we do manage to lose some?

Weight is a Symptom.

Why do you weigh more than you want to or think you *should* weigh? And no, it's not just because you overeat, that's a symptom too. Part of this process is discovering and neutralizing the cause for your weigh gain.

This program is a relatively simple protocol to help you reach your target goal and stay there. This is a step-by-step program that really works, without 'dieting'. But it will only work, if you actually DO it. Just reading about it *won't* make you skinny. I promise. Following these steps *will* help you reach your desired goal. I promise. This is only a summary, however, you should take a weight loss teleclass or live workshop to help you implement these principles and processes. 😊

Losing weight should not be about *losing* weight. *What?* That's right, ***it should be about reaching your target weight*** and focusing on all of the motivations and reasons to be there. It's *that* focus and how you will feel when you reach your goal that will keep you on track during the tempting chocolate-birthday-cake temptations.

First: Identify your ***weight goal***, that is how much you ***ideally want to weigh***, (rather than how much you want to *lose*.)

Second: Identify why you want to lose weight (i.e. to be thinner for my son's wedding, or my 25th reunion, or our trip to Hawaii, etc. Or, I want improved health, I'll look and feel better, or my clothes will fit better. Be specific about why you want reach your target weight.

Expound on that: Add more **reasons** and the **benefits**: can buy new clothes, will have more clarity, more choices in life, increased energy, might find true love, can fly without buying paying for two seats.

Third: Write down the ***emotions*** you would expect to experience when you reach your target weight – such as extreme happiness, pride in your accomplishment, confidence, certainty, joy, peace of mind, improved self esteem, etc.

Fourth: Write some of the reasons your subconscious might NOT want to lose weight, such as

- ◆ My old clothes won't fit
- ◆ My chubby friends (or family) will shun me
- ◆ I won't have an excuse anymore for not having the relationship (job, money, friends, etc.) that I want.
- ◆ What if I lose weight and I'm still not pretty (or handsome)?
- ◆ What if I fail? I've tried everything and nothing works!
- ◆ Guys might give me unwanted attention or I might get molested again
- ◆ I won't feel safe
- ◆ I'll lose my identity
- ◆ I don't know how to function as a thin person
- ◆ I don't want others to notice me
- ◆ What if I lose weight and my love still sucks?

Fifth: Now, fix those above Reversals. Tap on your karate chop point while saying "Even though I DON'T want to weight (fill in your ideal weight) for any of these reasons or **whatever reason**, I love and accept myself anyway. Do that 3 times.

Sixth: Write a *simple Ultimate Truth Statement* (a present-tense goal) about reaching your target weight. EXAMPLE of a simple version: ***I weigh 150 pounds.***

Seventh: Write out a first person, *present-tense* statement, about *why* you want to be at your ideal weight. Include the **reasons, benefits and emotions** of how you would like to feel when you reach your target weight (this would be your answers from the second and third steps.)

Your final UTS should read something like this: **"I am happy, excited and healthy weighing 150 pounds. I feel confident and self-assured seeing myself in these size 10 jeans. I look great, feel great, and have more energy. I am excited and proud of myself for weighting 150 pounds. AND I'm totally committed to maintaining this new-found health and self esteem.**

Tweak this powerful statement until you love it, and can't wait to get there, feeling and looking that way. Your objective now becomes owning that statement with all your heart...even though the scales may show a different reality.

Eighth: The **UTS** is always "good" 10, because it's your goal, or contract with yourself. So decide where are you on the 1 to 10 scale in being able to say the statement with confidence. That doesn't mean you now weigh your target amount. Being at a '10' means you own your Ultimate Truth Statement. You can see and feel yourself already there. It's the motivation and emotion from the **UTS** that will make it happen for you. Looking in the mirror and pinching the fat under your arms won't work, nor will beating yourself up if you have a cupcake on your 40th birthday. So stay focused **ONLY** on the positive....where you see yourself being.

After crafting the ideal **UTS** most people will be at a 5 or below, which is expected. We have only just begun the process!

Ninth: Now that you know where you are identify why there's a discrepancy between where you are now and where you want to be: Fear is often the culprit. Whether fear of failure, fear of success or another fear, I would look there first.

Also thoughts like "I'll have to buy a new wardrobe, I'll have to go hungry, or I don't want to give up my chocolate" are dialogues that will get in your way.

Other common blocks are issues from childhood, where you were bullied, teased or made to feel less than OK about yourself. Whatever it is, you need to clear it up first.

So for now set aside the **UTS** and work on this secondary cause for your weight problem.

Tenth: Assign a SUDs level to the secondary issue(s), fear, deservedness, etc. Then start by neutralizing the Reversal you will have on that block. So three times on the KC point "Even though I don't want to let go of these fears about losing weight..." Once the Reversal is gone (and it usually is after 3 statements) tap away at it the fear itself (or other block).

Using the Bundling Baggage technique will help expedite the process. If you have childhood issues of worthiness, self-loathing, or feelings that you're no OK, then tap on them to dissipate them before continuing. Once you're at a zero on whatever that blockage is, then you go back to the **UTS** and reassess where you are. The average number on your **UTS** should now have gone up to between a 7-9. If not, do a few more rounds on the blocks.

When your UTS number is at a 7 or higher do a set up of "Even though there's a small part of me resistant to owning my **Ultimate Truth Statement**, I choose to eliminate that resistance, and love and accept myself unconditionally. Do a couple of rounds here, using the Choice Method, to "choose" to let go of the reluctance and own that contract with yourself. When you're at a 10, rejoice and acknowledge yourself, because you are now well on your way to achieving your weight loss goal!

Eleventh: Continue to tap on the **UTS** daily keeping in mind only the thin, improved you... not where you are now. Stay focused on what you WANT, not on what you want to get rid of.

Twelfth: Make achieving and staying at your ideal weight a life choice. So that to eat healthy and be healthy simply becomes a way of life. That takes the "will power" element out of the equation. Examples of life choices are; I don't rob banks or commit murder, I keep commitments, I tell the truth, I honor my integrity, I stay faithful to my

husband or wife. Make your life choice about weight in the same way. **Make your Ultimate Truth Statement your contract with yourself and choose to honor it.**