

The Two Words That Guarantee Success (or failure) When Losing Weight

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By Mark Idzik

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Did you know that being successful with losing weight starts with just two words?

Two words will either guarantee you'll lose weight, or guarantee the you WON'T lose weight.

You see, words are very powerful. Especially the words that we say to ourselves... our self-talk.

Whatever we say to ourselves goes directly to our subconscious and is accepted as complete truth.

Did you catch that?

Whatever you say to yourself or others is accepted as a complete truth to your subconscious mind.

How do you describe yourself?

Do you see yourself as healthy, slim and energetic?

Or do you see yourself as heavy and overweight?

Do you tell yourself (or complain to others) that "you can't" lose weight?

If you say to yourself....

"I am fat" ... your mind says OK, you're fat and gets to work in the background on taking actions that make (and keep) you fat.

or

"I am healthy and slim"... your mind says, OK, and gets to work in the background on taking actions that make (and keep) you healthy and slim.

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[Note: You literally can't lose weight if you see yourself as overweight... your mind won't let you. This is one reason so many struggle with losing weight... and keeping it off.]

Your subconscious doesn't argue with you, or reason with your statement. It just goes to work following your instructions.

This one, small lifestyle change can make a difference between being successful in reaching your weight loss goals, and continual struggle to lose weight.

It's simple, just replace your current thoughts and words with ones that support your "new" you starting with those two most important words, "I am":

"I am healthy"

"I am slim"

"I am fit"

"I am healthy and trim"

"I am at my goal weight of (your goal) pounds"

Saying "I am" gives your mind a statement and command in the affirmative... as if it were already true.

Do this regularly, every day, and watch your thoughts and self talk closely. If you catch yourself slipping, immediately stop your negative thoughts and replace them with those above, or your own "I am" statements.

Before you know it, your actions and results will start taking shape (literally :)). It's a proven fact, your mind acts on what you tell it, just tell it what you want!

You CAN do it!

Mark Idzik is a health coach with a national clientele who helps his clients feel better, get more energy, lose weight and make better health choices. Get his 37 free tips to guaranteed weight loss by visiting: <http://www.Everyday-Weight-Loss.com/?src=2w#tips>

And Will You Succeed?

By Karen Lynch

What would you do today if you knew you could not Fail? If you had an absolute guarantee of Success (whatever you conceive that to be), what would you do?

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How would you act? What would you think? Would you celebrate your victories in advance? Would you enjoy your endeavor more? How would you live your life and how would you conduct your business?

My guess is that if you had such a guarantee, you would do things much differently. You would not let "fear" of anything hold you back, no fear of failure, no fear of success, no fear whatsoever. You would not let "doubt" creep into your thoughts and immobilize your actions. You would not compare yourself with others and underestimate your own contribution to the world. If you had some rejection along the way, you would blow it off and go on, because it wouldn't matter because you have the guarantee, You are going to succeed anyway. If someone doesn't see that, it doesn't hurt you because you have a guarantee of success. You are destined for great success.

You would proceed and live with the confidence, poise and passion that would absolutely propel you to your dream of success. You would take the necessary and the extraordinary actions to make your dream a reality without any thought because you cannot fail and of course, even when success is guaranteed, action is required.

So why not pretend? Use your imagination. Pretend like you have the ironclad, rock-solid guarantee that you will have the success you desire. It's your fantasy; make it real in your own mind. Play the game and visualize the outcome. Start "acting as if" you have that guarantee. Then see what happens.

"And will you succeed? Yes! You will indeed! (98 $\frac{3}{4}$ percent guaranteed)" Dr. Seuss 1904–1991

Karen Lynch is the creator of the inspirational success website

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