



# Ideal Weight Change Compass

**The Ideal Weight Change Compass process is designed to help you clearly visualise and create new neural pathways that will help you reach and remain your Ideal Weight.**

**It works on the premise that with a clear ‘big picture’ overview of what being at your Ideal Weight looks like, your body will follow your ‘instructions’ and get you there.**

**Please allow at least 1-2 hours of uninterrupted time to complete the process.**

**This exercise is completed while listening to the audio that guides you through the process. The audio link is available here:**

**<https://soundcloud.com/user-800770909/change-compass-complete-audio?si=334b23e5acda467e9e5f520acfe8f4d5>.**

**Before you begin, please print out copies of the ‘five steps’ contained within this document. They are placed on the ground as touchstones for you, so you’ll need a sufficiently large and private space where you can place them on the ground (one step apart) and also be able to freely move and walk around them.**

## Change Compass to your Ideal Weight

1. This exercise is called the Change Compass. It is designed to reset your thinking so you've got a neurological pathway to where you are headed to reach and remain your Ideal Weight. We create that pathway by visualising, feeling and acknowledging what we will be like when we reach our Ideal Weight. As you start this exercise, remember that your body goes where your mind leads it. You never end up anywhere that your mind has not "thought" you to beforehand.
2. To start the exercise, place the 'five steps' of paper out in front of you in a straight line, starting with the Present, then plus 1, plus 2, plus 3 and finally your Goal. Place them one step apart, so you can step from one to the next as you do the exercise.
3. Place your Ideal Weight Focus Band at the top of the final step, ready to put on once we fully complete the exercise.
4. If you have a look at the steps, you'll see that they are coloured progressively more green (the colour of success) from no gradient in the first step, 25% green in the Plus 1, 50% in the Plus 2, 75% in the Plus 3, and then the goal is 100% coloured. Use the visual reminder of the green gradient, 25% - 50% - 75% - 100% to remind you are now achieving your Ideal Weight.
5. You'll also notice that there are three symbols on each step. A camera (what the experience looks like visually), a heart (what the experience feels like) and a musical note (what it sounds like). As we go through the exercise and you stop on each step, look down and use each image to prompt you to fully embrace the visualisation of what your experience looks, feels and sounds like.
6. We're ready to begin, so after setting up your five steps, stand about 50cm behind the first step. When I ask you to step forward onto the step you will stand with your feet comfortably apart and on either side of the step, so that you can look down at it and know that this is you moving towards your Ideal Weight.
7. And when you're ready, step onto the first step and we'll begin.

## **Start / Present Situation**

So, as you step onto the first marker, notice your current situation surrounding your weight and acknowledge to yourself that it is about to change.

It's probably very familiar. In fact, it's old news, but at one point it was an important step, so take a minute to appreciate it for the part of your progression that it was. (PAUSE)

As you recall how it has been up until now, notice how things looked and felt and sounded when this was what was happening. Notice how your body felt, what your posture and breathing were, and how your inner dialogue sounded... Notice the conditions of your life that seemed to go with it. And notice what you were believing and who you were being in the midst of all that. This is the experience that is on its way out. In fact, it has already reached completion, or you wouldn't be motivated to make this change. So, appreciate it for what it was and know that you will be okay. In fact, that completion and that okayness is pulling the next step towards you, even as you move towards it, just as when you finish letting a breath out, there is an instinctive pull to bring the next breath in, isn't there?

So when you are ready. Step onto the next marker.

## **PLUS 1**

As you step onto this spot, notice the first thing that has begun to shift on the way to the experience you want. Notice how things look, feel and sound, when things are mostly (25%) the way they've been, but there are beginning to be signs of what you want showing up in your life. Notice how your body feels, what's your posture and breathing like when elements of what you want start to appear.

What is the dialogue that goes with this?

Notice the conditions of your life that reflect that what you want is beginning to show up.

And finally, notice what you are believing and who you are being when the first signs of what you want are there now.

As that begins to become more familiar you may become aware that the next step is already pulling you forward, just as when one foot makes solid contact with the ground, the other foot is already moving ahead.

And so, as you are ready, step onto the next marker.

## **PLUS 2**

As you step onto this spot, notice what it is like when you are experiencing some of how it used to be and some of what you want now, in almost equal measure, halfway between what was and what is becoming the way it is now. Both present, both possible, both available.

Notice how things look, feel and sound when you are experiencing elements of both how it has been and how it is becoming. Notice what you say to yourself as you notice this phase is already passing, and the next step is already moving toward you, as you step forward into it.

And so, as you are ready, step onto the next marker.

## **PLUS 3**

As you step onto this spot, notice what it's like when the new experience that has been emerging is now your predominant experience, and the way that it had been up until recently is fading into completion. Notice how there are only vestiges and remnants of how things were, passing as all things do, and leaving increasing space and attention to notice what it is like when what is most present is your emerging desired experience.

Notice how things look and feel and sound when you are experiencing so much of what you want.

Notice what you say to yourself as it becomes time for that emerging reality to be fully present now, moving you onto the next marker, and into the full realisation of what you want.

And so, as you are ready, step onto the next marker.

## **Goal - what you want**

Now that you have stepped fully into what you want, take a moment to fully appreciate the experience of this. Notice how things look here. Notice how you feel, emotionally, energetically, and in your new body. Notice your posture and breathing. Notice even how things smell and taste in this new chosen reality. Notice that as the way things used to be was a stepping stone to this place, this place will eventually be a stepping stone to something even fuller, but for now, allow yourself the grace of having what you have created now. Breathe into your belly and allow this to soak into the fabric of your being.

When you have had ample time to appreciate and marinate in that experience, step off the marker and walk around a bit.

## **Complete the sequence slowly FOUR times, and quickly 10 times**

After walking around, return to just before the first step, and we'll start again. Complete the sequence FOUR times slowly (listening to the audio script), and then TEN times more quickly (without listening to the script) almost skipping from one to the next as you visualise the pathway to your Ideal Weight.

### **IMPORTANT:**

- Each time you complete a sequence, choose a RANDOM and DIFFERENT path back to the first step and mix up how you move around your room between each sequence. It is important not to "loop" back.
- Once you've completed your 10th fast run-through, put on your Ideal Weight Focus Band and go off and do something fun to integrate the new neurology.

## **Revisit this exercise when you feel you need to**

Having completed this exercise there is no need to do it again, but some people like to repeat it as part of affirming the pathway to their Ideal Weight.

If you want to repeat the exercise, do so whenever it feels right.

For more information, please contact Leigh Spencer, Ideal Weight Coaching.

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