

Focus

Layer
Lasting Change





Focus - a Lean Life Skill

“And I said to my body softly, ‘I want to be your friend’. It took a long breath and replied, ‘I have been waiting my whole life for this.’

~ Nayyirah Waheed (poet & author)

One of the kindest things we can do for ourselves is for our mind to become our body's best friend and support it (visually and vocally) to be the best it can be, look, feel and move. It is too easy to slip into the habit of belittling your body for not being or looking a certain way. That is the fastest track to undoing any good work that you put in through eating well and exercising.

Basically, our mind has to very clearly instruct the body where it wants it to go and stay. To achieve that we need very clear guidelines that we reinforce regularly, so it becomes the body's natural default.

You can make that a number on the scales, but that is less effective than focusing on how you want your body to look, move and feel, which is also why that was one of the first things you identified in your Ideal Weight Journal and before you started this journey.

Use the notes you took then (and potentially update them) to remind yourself of the person you want to be and how you want to physically express yourself.

Also the neuro-linguistic programming - Compass to your Ideal Weight exercise - is a great tool to revisit (potentially monthly or whenever you feel the need) to remind yourself of who you really are.

*(*Science supports that visualisation is as effective as actually performing a task, because we use the same neural pathways, whether or not we're actually doing something or imagining ourselves doing it.)*

Focus Exercise:

1. Visualise your body as you wish it to be

At least once a day, sit down for a few minutes in a quiet place, and visualise your body as you wish it to be. Leave your worries, doubts and other thoughts behind, and focus on who you want to be.



2. Imagine yourself slim

Imagine yourself slim, beautiful, and at your Ideal Weight. Forget how you look now. You are creating a new reality. Imagine yourself wearing an item of clothing and looking and feeling great. In your mind's eye, see how gorgeous you look.

3. Visualise those you love complimenting you

Visualise those you love complimenting you about how amazing you are looking and how confident you seem. View the whole mental scene as real, and as happening right now, at the present moment - really flesh out the details.

4. Create positive and varying scenarios

You can construct in your mind any scene you wish, in which you are the star. You can imagine yourself exercising, dancing, spending time with friends, being with your partner, working at your job, etc. In all these scenes, visualise people noticing you for who you really are, observing your self-confidence and looking at you with admiration. In short, make the mental image as real as possible. Bring in all your senses.

5. Realistic and vibrant mental images

Construct in your mind mental images that are alive, realistic and colourful. Make the scenes in your mind interesting and real, and see yourself in each scene slim, the way you will look for the rest of your life - Lean for Life.

6. Healthy relationship with food

Visualise you really enjoying food, and eating with friends and family, confident in the choices you make - nourishing your body and really enjoying food without restriction. By visualizing your body as you wish it to look, your subconscious mind will direct you to eat exactly the right food in the right quantities without you having to change a thing.



7. Continue to support what you have already achieved physically

While visualising for weight loss/maintenance, and after finishing your visualisation session, tell yourself: “This feels good. I know I can/I have create/d the body of my dreams.” Or, if it feels too much of a stretch, just say: “This might just work. I’m glad I’m giving it a go. Won’t it be great when I am at my Ideal Weight?”

Cultivate thoughts about your Ideal Weight and stay Lean for Life. Leave any thoughts that don’t support your dreams at the door.

Points to Remember

1. What you think affects your body.
2. Always think about what you want to achieve (not what you want to avoid).
3. Think about how you want to look (avoid fault-finding with your body).
4. Visualise your body as you want it to look (not as it looks now).
5. Do not concern yourself too much with what to eat or not to eat, but with how you want your body to look, move and feel.
6. Daily practice (habit tracker) will reward you, and you will start seeing results.

It is most important to believe what you visualise. Forget your past failures to lose weight, and reject disbelief, doubts and negative thoughts.

Keep projecting your ideal figure on the screen of your mind, and your disbelief and inner resistance will gradually begin to fade away, until one day you’ll simply notice that you’ve not only achieved your goal, but you’ve been there for a while now... enjoying the scenery.



"The only way
to get what
you
really want
is to let go
of what you
don't want."
Iyanla Vanzant