



7 Steps To Weight Loss Success!

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1. Set Goals For Yourself

Let's say that your goal is to lose 50 pounds. Great goal, but it's going to take a while to reach it. It took a while for you to put on the weight, and it is going to take some time to take it off too, assuming you want to do it in a healthy and sustainable manner. So set both the long term goal to achieve your target weight as well as shorter term goals that you can hit along the way.

Setting mini-goals for yourself will help you to feel a sense of accomplishment and stay motivated. For instance, perhaps your goal for Monday is to avoid eating from the candy dish at work. For Tuesday, maybe it's to take a walk. And on Wednesday to read my book *"The Weight Loss Hypnosis Solution"*.

Accomplishing small goals on a daily basis while shooting for your big goal of losing x number of pounds will make you feel as though you are taking steps in the right direction. Which in fact you are!

2. Reward Yourself

Reward yourself for accomplishing those mini-goals. Think about things you like to do, but often don't have the time to do them. Perhaps your reward would be to buy a new book you have been wanting to read. Maybe it is taking an extra long bubble bath or getting a massage. Think of ways you can reward yourself for a job well done

3. Forgive Yourself when you Get Off Track

We're all going to have times where we cheat on our diet plan. To err is human after all. So don't bang your head against the wall and think you're a diet failure. Instead, forgive yourself, pick up right where you left off, and get back on track as soon as possible.



4. Visualize Your Success

Start with the end in mind and see yourself as thin and trim already. If you have trouble visualizing, then think about how it would feel to walk into a department store and try on an outfit that's 2 sizes smaller than you're used to... and have it fit.

This is such an important step in achieving any self improvement goal that I devoted an entire chapter to it in my book *"The Weight Loss Hypnosis Solution"* which is available at www.joshuaseth.com/solution

5. Get Moving

Before beginning any exercise program, consult your doctor. Exercise does not have to mean joining a gym or buying expensive equipment. It can simply mean taking a walk around the block, parking a little further away from the door, or taking the stairs instead of the elevator. Look for ways you can increase your heart rate and deepen your breathing throughout the day. After all, that's all exercise really is anyway.

6. Let Go of the Emotions Attached to Your Weight

Many people attach emotions to their weight and to food. If you eat when you are upset, angry or even happy, find ways to express those emotions instead of through food. Find other ways to let those emotions out instead of through eating. This may be through exercise or through simply talking them out.

7. Take Responsibility and Start Today

There is only one person who is responsible for your weight and it is YOU. Taking responsibility means realizing that you are the only person who can take it off too. I can show you the way but you have to decide to take action and do something about it. Clearly define your goals and commit to taking proactive steps on a daily basis to make positive changes in your life. *Do this today and you'll be on your way!*

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