

TOP 10 *paradigm shifts*

for permanent weight loss

1. **You accept yourself at your current weight and shape.** That doesn't mean you like the lumps and bumps, but you've made friends with them. You have self-respect. You start living like you've already lost the weight, ie: buying great clothes - because you're worth it at any size.
2. **You aren't looking for a quick fix, ie: dramatic and sudden weight loss.** The real difference is you're willing to take personal responsibility for losing weight and willing to do what it takes. You have patience.
3. **You exercise for enjoyment, stress release and good health** versus strictly a calorie burn. You know you're getting all the benefits when you actually look forward to movin' your butt.
4. **You don't give up when you screw up** - you just start again. You know you're succeeding when the interval between screw-up and start-up gets shorter and shorter. You now forgive yourself for the detours and even expect them as part of your humanity.
5. **Your weight loss goals are long term and based on what is truly important to you** versus a one time event that comes and goes, like a wedding or reunion. Use these events as stepping stones, versus THE goal. You know you've made this shift when your progress continues beyond the event.
6. **You eat for hunger and sustenance** versus comfort. When you know your feelings and can deal with upsets and celebrations without foraging for food or drink you're definitely on the right track.
7. **You focus on the process of getting healthy, gaining energy and feeling great** versus strictly results, ie: pounds lost. You know you've made this shift when you free yourself from the weigh scale. The weight comes off and it feels like you're hardly trying.
8. **You're willing and able to state exactly what and how much you consume in a day** versus not owning up to your consumption. You know you've reached this pinnacle when you stop playing hide and sneak. You have all the awareness without obsessing about what and how much you eat. You give up getting stuffed. You feel great.
9. **You don't rely on diets.** You do it your way by making healthy, balanced choices from foods you actually like in just the right amount (less). You'll know the difference because you won't feel deprived or starved - just proud. You'll lose weight slowly and continuously.
10. **You reach your goal weight and stay with the program,** versus returning to old habits and larger clothes. You know you've arrived when the clothes in your closet are all the same size because there is no going back. You pay attention to weight gain and are ready to respond immediately. Congratulations! You're maintaining a healthy weight.