



Module 8: Tried & Failed



PART 1: Introduction

Losing weight doesn't have to be a battle. We're going to show you the easy way to lose weight & keep it off.



PART 2: Why we try fail

Weight loss has very little to do with food and has everything to do with YOUR relationship with food. This is the core reason why 91% of the time people set out to lose weight and fail. The good news here is if you know what is not working and why then you can start to find ways to change this. This is what Project New You is all about.



PART 3: 3 top tips on how to change your mind to change your body

Tip No 1: Just because you have tried something in the past and it has failed does not mean that you cannot succeed in the future.

Failure is not something that needs to be feared. It is not guaranteed that because something has not worked in the past that the desired outcome is never going to be achieved. Don't be scared of disappointment. If you want to change, then you need to be honest and accept that things may not have worked but you still REALLY WANT the outcome.

Tip No 2: Change your way of thinking

You may have tried many things in the past, because you have wanted the outcome so each time you have tried something different but there is one thing that remains constant here and that is...

YOUR WAY OF THINKING!

The answer therefore to trying something really new is to change the one thing that has remained constant this whole time... ***your way of thinking!*** Have a different way of looking at things. It is not the circumstances of your life that determine how you eat. There is only one factor that impacts this - that is you!

Tip No 3: Unlock the power of your own ability

You know that the future is not fixed and the one thing that has remained constant is the way you think. Now we need to revert back to the way you view your own thoughts and understand the process that these random expressions by your brain transform into the most destructive force in your life! This can be broken down into three levels to show you how this works:

- 1) Your thoughts create feelings
- 2) Feelings create action
- 3) Action creates outcome

Therefore, to unlock the power of your own ability it is crucial to appreciate the value or indeed the lack of value that a thought really has. Remember just because you are thinking about something, does not make it real or true.

Action: Write down a few examples of when you imagined the worst case scenario in your head and the outcome was completely different

1	
2	
3	
4	
5	



PART 4: Mindset technique

Take a moment to recognise your own relationship with your own thoughts. How many times have you thought about something only to discover it was not true. Acknowledging this and breaking the thought process will remove the emotional burden that thoughts can have.

Next up, Module 9: Talk to yourself the right way

