



## Module 9:

# Talk to yourself the right way



### PART 1: What's the point?

Would you tolerate anyone else talking to you the way you talk to yourself in your own head?

If you find yourself asking “What’s the point?”, then maybe it is time to take that literally and think about what this is all about and what the point REALLY is! The only point that really matters is the one that matters to you! We need to get really clear about what it is that matters to you about losing weight.

**Action: What is it that your ideal weight means to you?**

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### PART 2: The 3 tips

**Tip No 1: What does happy, healthy mean to you - what do you want your body to be able to do.**

Take a moment to imagine all of that. Imagine experiencing all of those things.

**Tip No 2: Imagine that same healthy, happy you and now imagine that person in your normal day-to-day life.**

Imagine yourself being that person totally immersed in your daily life. Make it real!

**Tip No 3: Notice how your weight loss journey may affect those around you. Think about what types of problems may come up? Who do expect those problems to come from?**

Who might embrace the change and work with you? The reality is change is going to mean that things ARE going to be different. From what you have learned already you will know that things are never going to be as bad as you expect them to be. Everyone is going to be ok!

**Action: Make a list of people and situations where problems may occur**

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_
- 7) \_\_\_\_\_
- 8) \_\_\_\_\_
- 9) \_\_\_\_\_
- 10) \_\_\_\_\_

The people around you are not doing a process like this. All the people in your life that matter know you in a certain way. While you are changing, they are not. Therefore, while you are changing their relationship with you is going to have to change too.



## PART 3: Mindset Technique

Close your eyes and listen to Ali's voice as he talks you through this mindset technique for changing your perspective on "I can't" and "What's the point?"

Next up, Module 10: Dealing with your friends & family

