

We are all faced with two pains - the momentary pain of "I don't wanna" versus the long-lasting pain of regret.

When we focus on the result, is there REALLY that much satisfaction that comes with having that bowl of ice cream, smoking a cigarette, or saying yes to junk food?

We get the two pains, but to help us make better decisions and better choices, our focus on the outcome will help to create victory over the "I don't wanna's" and make all the delay tactics and procrastination start to diminish.

There's a technique:


1. Put your focus on the thing you want (goal) and see yourself victorious.

- Report your victory
- Write about it
- Gold star it

I shared the story about how, in the early 1990's, Jim Carrey wrote himself a check for \$10 million for "acting services rendered," and gave himself 3-5 years to achieve it. He dated it Thanksgiving 1995 and kept it in his wallet. Just before Thanksgiving 1995, he found out he was going to make \$10 million on Dumb and Dumber.

2. Flip it all out and attach to it. The tendency is to focus on the fleeting - "But I want it now!" Rather, picture your healthy pink lungs instead of the black, smoky, tar-filled lungs, then go for a walk or do something that positively impacts those healthy pink lungs.

3. What you feed, grows accordingly. Water the things you want and starve the things you don't want. The more energy you direct at this, the easier it gets.




An old Cherokee told his grandson, "My son, there is a battle between two wolves inside us all.

One is Evil. It is anger, jealousy, greed, resentment, inferiority, lies and ego. The other is Good. It is joy, peace, love, hope, humility, kindness, empathy, & truth."

The boy thought about it, and asked, "Grandfather, which wolf wins?"

The old man quietly replied, "The one you feed."

- author unknown



4. When you're constantly letting yourself down, you start to go back to the old thinking, the old habits, and the quit in yourself.

5. Get your community involved - get a Body Clutter Buddy but don't keep thinking it's just a matter of willpower or "next time." We show up for others more than we do ourselves, so take advantage of that.

6. A gentle reminder: ENVIRONMENT and a REPETITION ROUTINE always trump willpower and grinding it out.

- Your environment and routine are supportive - repetition creates new neural pathways in your brain.
- Willpower and grinding it out isn't supportive- it doesn't last and it's exhausting.
- How you FEEL will propel you to more of the same. Repetition helps to anchor these awesome feelings, so stay with it.

Shampoo. Rinse. Repeat.