

# LifeChanger™

Take it Off! w/Julia

[www.vicebusting.com](http://www.vicebusting.com)

A 21 day

*...and beyond...*

**Plan for Realizing a Healthy Lifestyle,  
And Living Your Dreams!!**

Name: \_\_\_\_\_

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**Your LifeChanger™**

Welcome to *your* **LifeChanger™** weight loss planner. Give me your full attention and effort and together, we will change your life, and your body forever. Skeptical? That is ok, after all you have entrusted your “diet desires” to others in the past, believed their promises and were left disappointed, disillusioned and far from your weight loss goals. Something made you decide to trust me, that is a great start and we will build from there. I am glad that you are here and very positive about what can and will happen to you in the next 21 days...and beyond! This workbook is meant to be fun, thought provoking, revealing and inspirational...and the best thing is, it will be written in large part by YOU! I am your guide on this journey – this path of ***self-improvement through self-motivation***. You are the traveler, the one who will ultimately decide which actions you will take along the way.

When I say give me 21 days...I really mean give yourself 21 days of 100% conviction, determination, effort and actions toward improving your health. This journey is awesome and not for one minute drudgery, so do not approach this as a “have to do” chore. Approach this as an “I-am-so-lucky-to-be-able-to-travel-this-path” type of program. Trust me when I say that possessing this attitude will make all the difference in the world. With it, health and fitness will be yours for life!

So, without further ado, let’s get started awakening the new YOU!

### **Guidelines**

**1.** This is NOT a “journal” - it is an adventure. Do not dare write down what you eat each day. Picture that an archeologist finds this book 100 years from now, if all that it contained was the amounts of food you consumed each day...they would think that you were a lab experiment, not a human being. You want them to learn about you...what makes you marvelous and uniquely you.

**2.** You have to have fun with this. I do not want you feeling deprived, bored, angry or lonely. This is meant to enable you to realize your dreams and goals, therefore there is no room for negativity—so leave that where it belongs...in the past!



**This is a picture of the life I want!: (paste picture below)**

Find a picture from any magazine that depicts the life you want:

Now, look at the picture you chose for the type of life you want. Define what this person does, how they live, what they eat, how often they exercise, whether or not they have a happy marriage or relationship. Define all aspects of their life, and therefore the life you would like to emulate. This is not just a description of the body you want, but the lifestyle you desire and will grow into!

**Ten Adjectives**

List 10 adjectives that you would use right now to describe yourself:

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

How do these words make me feel when I read them?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.

Do I believe that this plan will work for me? \_\_\_Y\_\_\_N\_\_\_ other:

\_\_\_\_\_.

What do I feel will make this plan work? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_.

**END OF THE DAY ACTIONS:**

Write down what was positive about today? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.

What one or two things can I do tomorrow to make it a more positive day?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.

**PM Affirmation:** I am thankful for today and the chance that I had to improve my life. I forgive myself for any shortcomings I may have had, and I look forward to the opportunity that tomorrow brings to take action toward my goals!

Day 2 day: \_\_\_\_\_ date: \_\_\_\_\_

*\* Carry a bottle of water with you at all times—drink from it often! \**

**AM Affirmation:** I believe in my ability to improve my health, my attitude and my life. I am worthy of the best that life has to offer and today I have the opportunity to get closer to realizing my dreams and goals.

From now on, it is important that you choose your words wisely, for what you say about yourself is a reflection of what you think of yourself. It is vital to begin changing your thoughts first to believe in yourself and your abilities. It's important to build your self-esteem - and that is just what you are going to do with your **LifeChanger™!** So now, come up with 10 words that positively describe YOU and who you are...not how your body looks!

**TODAY'S ACTIONS:**

Ten adjectives describing *me*:

- |          |     |
|----------|-----|
| 1. _____ | 6.  |
| _____    |     |
| 2. _____ | 7.  |
| _____    |     |
| 3. _____ | 8.  |
| _____    |     |
| 4. _____ | 9.  |
| _____    |     |
| 5. _____ | 10. |
| _____    |     |

How do these words make you feel when you read them?

\_\_\_\_\_  
\_\_\_\_\_

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Now write ten adjectives describing the person that you want to become – the positive person you would like yourself to be seen and known as:

- |          |           |
|----------|-----------|
| 1. _____ | 6. _____  |
| 2. _____ | 7. _____  |
| 3. _____ | 8. _____  |
| 4. _____ | 9. _____  |
| 5. _____ | 10. _____ |

These words may be different from the previous list...and that is ok...remember --***“if you don’t know where you are going, how will you know when you get there?”*** The adjectives you use to describe yourself will be a blueprint of the person you strive to become! Hence, you are developing your destiny! Now, let’s start to take a step in that direction!! →

**\* Identify and write down your one biggest food or beverage ‘vice’ that is contributing the most to your weight, that is keeping you from reaching your fitness goals? :**

\_\_\_\_\_.

How much and how often do you consume it in a day? \_\_\_\_\_ Avg. / week \_\_\_\_\_.

By identifying the # 1 vice that you consumes YOU, you are making a giant step toward realizing your dreams. I promise you that if you work on isolating, and ultimately eliminating, this vice from your life, you will lose a dramatic amount of weight! **Agree? \_\_Y\_\_ N\_\_**

While the idea of totally abstaining from a particular food/drink may seem like deprivation right now and as though it may lead to bingeing, let me tell you, that couldn’t be further from the truth! When I started on my journey that ultimately led to losing 130 pounds, I didn’t change everything about my lifestyle overnight. I tried that in the past. We have a name for that – “dieting!” And it didn’t work for me. How about for you? Have the previous diet attempts you have made, ones that demanded drastic changes overnight, delivered successful results for you? I am going to assume not since you are here today.

Rather than try to change everything about you overnight – let’s take it one step at a time, one action at a time! **As you go through this process, do not allow doubts to come into your mind or think that you should be doing more, or doing it faster.** Picture in your mind climbing a mountain. If you were to try to climb the mountain at a



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How do I feel about replacing this “vice” with something healthy?

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Do I feel I am missing something? \_\_Y\_\_ N\_\_

**END OF THE DAY ACTIONS:**

How do I feel about my commitment to better health?

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**What was positive about today?** \_\_\_\_\_

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**What one or two things can I do tomorrow to make it a more positive day?**

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**PM Affirmation: I am thankful for today and the chance that I had to improve my life. I forgive myself for any shortcomings I may have had, and I look forward to the opportunity that tomorrow brings to take action toward my goals!**



to delivering, it was all in the fine print – “for best results, eat a well balanced diet and exercise.” We are going to cut through empty promises and focus on the fine print - which is the true answer to lasting weight loss. Eating a well-balanced diet and regular exercise are components of a healthy lifestyle. The goal of this program is to bring you to a natural, maintainable, comfortable, healthy lifestyle. The very last thing I want you to feel is that you are on a diet! A diet is something to go “on,” while a healthy lifestyle is something to develop and live by that has no end. Neither by cheating, falling off of the wagon, bingeing, or by losing the desired amount of weight will bring an end to your quest for a healthy lifestyle!

**TODAY’S ACTIONS:**

- 1. Carry your water bottle with you today (and everyday!), drink from it often!**
- 2. Other substitutes that I will use to eat in replacement of my biggest vice:**

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**Be sure to do these two actions consistently, each and every day!**

**END OF THE DAY ACTIONS:**

Were you able to avoid eating/drinking your “vice” food today? \_\_ Y \_\_ N \_\_.  
If you had any of it, how did doing so make you feel?

\_\_\_\_\_.  
What stressed you out today?

\_\_\_\_\_.

How did you handle your stresses?

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Was the way in which you handled it different than in the past? If so, how? If not, how could you handle it/them differently?

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Would eating have made the problem better? Why or Why not?

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**PM Affirmation:** I am thankful for today and the chance that I had to improve my life. I forgive myself for any shortcomings I may have had, and I look forward to the opportunity that tomorrow brings to take action toward my goals!

Day 6 day: \_\_\_\_\_ date: \_\_\_\_\_

*\* Never underestimate the power within YOU! \**

**AM Affirmation:** I believe in my ability to improve my health, my attitude and my life. I am worthy of the best that life has to offer and today I have the opportunity to get closer to realizing my dreams and goals.

**TODAY'S ACTIONS:** (focus on these two actions everyday!)

1. Carry your water bottle with you today (and everyday!), drink from it often!
2. Substitute healthy items in place of my biggest 'vice!'

**END OF THE DAY ACTIONS:**

Are you feeling stronger about your ability to change? Y N

Can envision eliminating your "vice" permanently? Y N

Is it more important to fill your thoughts with things more important than food?

Y N

Is it understandable that 'diets' tend to put *more* focus on food and what to eat?

Y N

Do you believe that with a couple of smart, healthy changes, you will win? Y N

Are you making other healthier choices as a result of your "vice" avoidance?

Y N

Can you see how important it is to build on one or two actions each week? Y N

How does that make you feel?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Have you been drinking from your water bottle often during the day and evening?

Y N

Do you feel your attitude is growing more positive and stronger each day? Y N

**What was positive about today?** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**What one or two things can I do tomorrow to make it a more positive day?**

\_\_\_\_\_

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**PM Affirmation: I am thankful for today and the chance that I had to improve my life. I forgive myself for any shortcomings I may have had, and I look forward to the opportunity that tomorrow brings to take action toward my goals!**

**Remember...**

*“Make your transition to health and fitness  
a one-day-at-a-time venture!”*

Day 7

day: \_\_\_\_\_ date: \_\_\_\_\_

*\* Create a plan for realizing success, adhere to it...and you will succeed! \**

**AM Affirmation:** I believe in my ability to improve my health, my attitude and my life. I am worthy of the best that life has to offer and today I have the opportunity to get closer to realizing my dreams and goals.

One week into the new you –what do you think? Remember this phrase: *Time goes by quickly...whether you are having fun or not!* By that I mean, one week has gone by, the same time would have gone by regardless of whether you were spending it wisely or not. Doesn't it feel great to have spent this week wisely? Not having to look back over the week and reflect with regrets of 'if only I could have been better, watched what I ate...lost weight, etc'...is a great thing. You know that you have made forward progress. You know that you are making steps towards your dreams and goals. You have no regrets and you should be starting to realize that it is just a matter of time until you realize all that you want out of life.

Now, the big dilemma...should you step upon the scale and *really* see if the week was successful? Nah! I say NO! The scale is only one measure or indicator of weight loss success, and it is by far the least important one. For now, let's measure your success in other ways.

**TODAY'S ACTIONS:** (in addition to your daily actions)

**Week 1 Review:**

Am I more confident in my abilities than when I started? ..... Y N.

Did I identify my "vice" and consistently isolate it from my life? ... Y N.

Do I feel that I am gaining control over my #1 food vice?..... Y N.

Do I feel that my effort was 100% this week in eliminating my vice? Y N.

Positive actions I took towards my goals this week (i.e. carry water bottle, avoided or eliminated my vice, affirmed my commitment to health, other actions taken):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**END OF THE DAY ACTIONS:**

Are you ready to continue with your commitment? Y N.



**BE!** It is important that you think of the life that you want – who you will BE! Create goals for yourself and start to think of yourself as that person. List 3 things that will be part of the life that you want: (such as being a volunteer for a cause)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**DO!** What can you do this week to get closer to realizing the things above? (i.e. what organization and what will you do with them as a volunteer)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**HAVE!** It may take time to take on the persona of “the super volunteer,” but if you never take the actions necessary it will never happen. Be patient, do what is needed and in time, you will realize your dreams. This holds true in life and in weight loss. Make sure that at least one of your BEs and DOs is related to furthering your weight loss progress - like ‘running a marathon,’ then you would list ‘start jogging.’ (Your HAVES are listed under your dreams in DAY 5!)

**END OF THE DAY ACTIONS:**

**What was positive about today?** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**What one or two things can I do tomorrow to make it a more positive day?**

\_\_\_\_\_

\_\_\_\_\_

**PM Affirmation: I am thankful for today and the chance that I had to improve my life. I forgive myself for any shortcomings I may have had, and I look forward to the opportunity that tomorrow brings to take action toward my goals!**

**Remember...**

*“All great achievements will have their setbacks. What makes them great achievements is your ability to go on despite any setbacks!”*

**Day 9** day: \_\_\_\_\_ date: \_\_\_\_\_

*\* Don't let life pass you by without making the effort to live to your full potential. Start each day with the thought of making positive choices toward that end! \**

**AM Affirmation: I believe in my ability to improve my health, my attitude and my life. I am worthy of the best that life has to offer and today I have the opportunity to get closer to realizing my dreams and goals.**

Nine days without your vice! Can you believe it?! Each day that you are going without your vice is another day that you are choosing your destiny. With that said there is, however, more that we must do than change one negative habit into a positive one. In a gradual manner, building one success upon another, it is time to incorporate another positive into your life. Today is the day to make exercise a part of your life. You may have already been doing some form of exercise, if so, great! Today is the day to begin working to increase your fitness level.

What is your current fitness level? (Refer to the back for “Levels of Fitness”)

LEVEL:    1    2    3    4    5   

**TODAY'S ACTIONS:** Refer to the back section on "EXERCISES." Choose an exercise to do from the Level of Fitness you are currently on. The exercise that I choose to do today is:

I have scheduled, and will do, this exercise at least 3 times a week:    Y    N   .

**END OF THE DAY ACTIONS:**

What was positive about today? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.

What one or two things can I do tomorrow to make it a more positive day?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.

**PM Affirmation:** I am thankful for today and the chance that I had to improve my life. I forgive myself for any shortcomings I may have had, and I look forward to the opportunity that tomorrow brings to take action toward my goals!

A wise man once said....

*"Make no small dreams, for there is no magic in them! Be inspired and motivated by your dreams of the life with health and fitness!"*

Day 10

day: \_\_\_\_\_ date: \_\_\_\_\_

*\* You must stay the course! Your good habits will develop the course and soon the course will lead to fulfillment of your dreams! \**

**AM Affirmation:** I believe in my ability to improve my health, my attitude and my life. I am worthy of the best that life has to offer and today I have the opportunity to get closer to realizing my dreams and goals.

How many days have you been alive? \_\_\_\_\_.

How many years do you expect to live? \_\_\_\_\_.

How many days would that be left? \_\_\_\_\_.

**The previous questions are to help you be aware that there is a finite amount of time we have here. Let's use the time we have toward fulfilling our dreams and goals!** You have now been without your #1 'vice' for 10 days, when taken into consideration against the entire scope of your life, it really doesn't seem like much time, does it? This should really put the 'baby steps' that you are now undertaking into more perspective.

**TODAY'S ACTIONS:** (summary)

1. Adequate amount of water intake each day.
  2. Elimination and replacement of the #1 contributor to my weight.
  3. Exercise being performed on my current Level of Fitness.
- ...three steps for building a strong foundation for a healthy lifestyle!

**END OF THE DAY ACTIONS:**

What was positive about today? \_\_\_\_\_

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**What one or two things can I do tomorrow to make it a more positive day?**

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**PM Affirmation: I am thankful for today and the chance that I had to improve my life. I forgive myself for any shortcomings I may have had, and I look forward to the opportunity that tomorrow brings to take action toward my goals!**

**You will achieve success if you...**

*“Learn to handle one item or issue at a time that is keeping you from losing weight and reaching your goals. Then go on to conquer the next one!”*

Day 11

day: \_\_\_\_\_ date: \_\_\_\_\_

*\* Deep within you dwell powers that when put into action will astonish you! \**

**AM Affirmation:** I believe in my ability to improve my health, my attitude and my life. I am worthy of the best that life has to offer and today I have the opportunity to get closer to realizing my dreams and goals.

It's 'spring cleaning' day! Today we are going to focus on tackling some things other than your weight that need some attention! I am a firm believer in completing ignored or unfinished tasks. By that I mean—Finish what you start!

I want you to think for a moment about all of the things that you have "to do" in your life. It is my belief that we spend so much time fretting and stressing over all of the things that we "have to do" that it leaves little time left for actually doing them. It is little wonder that we feel that there is no time to get anything done.

I want you to make a list of things that you need to get done in your life. Let's get rid of the 'clutter' that is keeping you from taking steps to improving your life. These things may seem small (and they are!), but they will clutter your mind as well! Make a list of the things that need organizing, that need cleaning, or picking up. It is going to be your goal to have this list done within one week! You can do it. I know you can.

**TODAY'S ACTIONS:** (in addition to your daily actions)

**Things that need my attention now:**

1. \_\_\_\_\_.
2. \_\_\_\_\_.
3. \_\_\_\_\_.

Also include such things as putting all of the year's photographs into a keepsake box or photo album. Or bringing the kid's baby books up to date, putting new pictures into frames around the house. A great thing to do is to write letters to old friends, let them know you still treasure them and rekindle the friendship...we can never have too many friends in our lives---and while on this journey it is great to have all the support you can, so enlist people!

**Other personal things that need my attention now:**

1. \_\_\_\_\_.
2. \_\_\_\_\_.



**AM Affirmation: I believe in my ability to improve my health, my attitude and my life. I am worthy of the best that life has to offer and today I have the opportunity to get closer to realizing my dreams and goals.**

**TODAY'S ACTIONS:**

1. Adequate amount of water intake each day.
2. Elimination of my #1 contributor to my weight.
3. Exercise being performed on my level.
4. Completing tasks that have needed attention.

Now is time to put into action what I think is one of, if not the most powerful points of “Self-Improvement through Self-Motivation.” When I was obese and working at my then current job, my boss would often times institute a contest. His reasoning was to increase productivity by offering incentives to the workers for various achievements. There was never one contest that I did not win every prize offered. I was (and still am!) very ‘prize’ motivated. It would drive my co-workers crazy that the same “fat, lazy woman with work habits similar to that of a trained monkey” could at any time, call upon some super work ethic and out-produce anyone else when tempted with a dinner for two, cruise or cash! Their criticism never bothered me. I took my booty and retreated to another cycle non-productivity until the next contest! It drove my boss crazy, and it got me thinking!

Rewards are a wonderful incentive. We all love treats, trinkets and prizes, right? You do to, I am betting. So, what I did was to create a similar type of results/reward system to support my efforts in my weight loss.

I want you to list 10 things that you would consider a realistic and affordable reward that you could give yourself each week for sticking to your resolve of removing your vices from your life and making forward progress on your journey. These do not have to be extravagant nor cost money, but they must be something that you will enjoy – something that you will associate with pleasure in order that giving up your #1 vice is associated with something good, rather than something painful! I used things such as manicures, a new book, a trip the local art museum when eliminating my #1 vice, which was ice cream. You can refer to the section in the back on “**Rewards**” for ideas if you need to! : List of rewards that will I will use as positive reinforcement for progress made:

**Rewards:**

- |          |           |
|----------|-----------|
| 1. _____ | 6. _____  |
| 2. _____ | 7. _____  |
| 3. _____ | 8. _____  |
| 4. _____ | 9. _____  |
| 5. _____ | 10. _____ |

**END OF THE DAY ACTIONS:**

As a reward for NOT eating/drinking my “vice” and for being consistent with my scheduled actions and my LifeChanger™ through Day 21, I am going to reward myself with :

\_\_\_\_\_.

Now, the catch here is that you must want these rewards enough to work for them. If you stray at all, even a bite, you do not get your reward for that week. That in no way means that the week was not in many ways still successful. It just means that your rewards must be sacred and only earned for 100% compliance!

**What was positive about today?** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_.

**What one or two things can I do tomorrow to make it a more positive day?**

\_\_\_\_\_  
\_\_\_\_\_.

**PM Affirmation: I am thankful for today and the chance that I had to improve my life. I forgive myself for any shortcomings I may have had, and I look forward to the opportunity that tomorrow brings to take action toward my goals!**

**Day 13** day: \_\_\_\_\_ date: \_\_\_\_\_

*\* The body is made up of mostly water—so drink plenty of water and eat plenty of foods that are water based like fruits and veggies! \**

**AM Affirmation: I believe in my ability to improve my health, my attitude and my life. I am worthy of the best that life has to offer and today I have the opportunity to get closer to realizing my dreams and goals.**

Oh...number 13! Is it a “lucky” number for you? I think so. Today is a great day! You have been doing healthy things for your mind, body and soul for 13 days! With many other diets, you may have thrown in the towel by now, or worse, been putting all your hope in a product to do, and give you, everything you want! That just isn’t going to be the case this time...and you know why? Because you aren’t “on” anything that you have to go “off” of!

That is the biggest problem with traditional dieting. They would have us change everything about our lives overnight with such drastic change in our lives that we fall

back so easily. For the last 13 days, you have been focusing on changing ONE thing at a time. First we identified your “biggest vice” and have been isolating it from your life. We addressed water and the need for plenty of it in your life. You should be carrying a water bottle with you everywhere you go now. That is perhaps the most important habit that you can establish for your health. We then began to incorporate exercise into your lifestyle. The accompanying walking tape is a great start getting some exercise, which will not overwhelm you!

Well, we aren’t done yet! Now, it is time to go for the next vice that you should isolate. Even at this point in my journey, I can still identify something that without it in my life, a few pounds will be shed. So, what is it for you? Are you still eating chips, sneaking a candy bar, or eating pastries? The answer will be different for everyone. Think about it and come to an answer...what is it that is holding you back at this point? What is next to work on?

**TODAY’S ACTION:**

**Identify and write down the second highest contributor to your current weight:**

\_\_\_\_\_.

**List of substitutes that I will use to replace the top two items being eliminated:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**END OF THE DAY ACTIONS:**

Do you feel that you are changing too fast? \_\_Y\_\_N\_\_.

Are you frustrated that you aren’t ‘doing more’ yet or are you relaxed?

\_\_\_\_\_.

**Keep in mind, you want to feel that you can do more, that way  
you will, but one step at a time, not all at once!**

Do you feel that change is coming to you easily? \_\_Y\_\_N\_\_.

What was positive about today? \_\_\_\_\_

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What one or two things can I do tomorrow to make it a more positive day?

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**PM Affirmation: I am thankful for today and the chance that I had to improve my life. I forgive myself for any shortcomings I may have had, and I look forward to the opportunity that tomorrow brings to take action toward my goals!**

Day 14

day: \_\_\_\_\_ date: \_\_\_\_\_

*\* Your potential is greater than what you may believe! Eliminate your limiting beliefs, and be confident that you can reach the stars! \**

**AM Affirmation: I believe in my ability to improve my health, my attitude and my life. I am worthy of the best that life has to offer and today I have the opportunity to get closer to realizing my dreams and goals.**

Let's spend the next 7 days increasing our focused on the few actions that are currently in place. I can tell you hundreds of stories of people just like you who identified their two biggest vices and eliminated them from their lives and went on to lose over 25 pounds in their first two months – doing nothing other than simply eliminating the two worst things they were doing. Something amazing happens when you take control over one or two things: you prove to yourself that you are in fact in control.

**TODAY'S ACTIONS (summary):**

1. Adequate amount of water intake each day.
2. Elimination and replacement of the #1 contributor to my weight.
3. Exercise being performed on my current Level of Fitness.
4. Completing tasks that have needed my attention.
5. Elimination and replacement of the #2 contributor to my weight.
6. Set and scheduled Rewards for sticking to my plan!

**END OF THE DAY ACTIONS:**

1. Are you beginning to believe that you are able to take control over your actions?  
\_\_Y\_\_N\_\_.
2. How many years have you been overweight? \_\_\_\_\_.
3. How many diets have you tried in the past? \_\_\_\_\_.
4. What was the most successful plan that you tried?  
\_\_\_\_\_.
5. How much weight did you lose on that plan? \_\_\_\_\_.
6. How long did the weight stay off?  
\_\_\_\_\_.
7. What do you think are the reasons why you gained the weight back?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.
8. Are those reasons still part of your life? \_\_Y\_\_N\_\_.
9. Do you feel those reasons are being addressed and will not hinder your success now? \_\_Y\_\_N\_\_
10. Do you think if you keep doing what you have always done, that you will get results different than what you have always gotten? \_\_Y\_\_N\_\_.

I want you to make this your new mantra:

***“If I keep doing what I have always done, I will get the same results that you I always gotten. If I want to get different results, I must do things differently than I have ever done!”***

**Week 2 Review:**

Positive actions I took towards my goals this week (i.e. carry water bottle, avoided or eliminated my vice, affirmed my commitment to health, other actions taken):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



2. \_\_\_\_\_.

Why? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_.

List three actions you could take to further your improvement with this trait?

1. \_\_\_\_\_.

2. \_\_\_\_\_.

3. \_\_\_\_\_.

**END OF THE DAY ACTIONS:**

Have I been consistent with my actions for the past two weeks?   Y  N  

What obstacles, if any, do I still see holding me back?

\_\_\_\_\_  
\_\_\_\_\_.

The most common reason for not following through is a lack of motivation. Be sure you have your dreams and goals completed, along with the reasons 'WHY' you want to lose weight (Day 5). You must be as specific as you as can, in order to provide yourself with the motivation and desire to live a healthy and fit lifestyle!

**Summary of Important Action's:**

1. Drink adequate amounts of water.
2. Substitute healthy items for #1 and #2 contributor to my weight.
3. Exercise being performed on my current Level of Fitness.
4. Set and schedule a Reward for sticking to my plan!

What was positive about today? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_.

What one or two things can I do tomorrow to make it a more positive day?

\_\_\_\_\_  
\_\_\_\_\_.



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**What one or two things can I do tomorrow to make it a more positive day?**

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**PM Affirmation: I am thankful for today and the chance that I had to improve my life. I forgive myself for any shortcomings I may have had, and I look forward to the opportunity that tomorrow brings to take action toward my goals!**

**Don't doubt for a second that....**

***“The strongest tool, support, help, or motivation that you can or will ever have comes from within - by strengthening your attitude and belief in yourself!*”**

Day 17

day: \_\_\_\_\_ date: \_\_\_\_\_

*\* The only horse n a race that doesn't cross the finish line is the one that lost sight of where it was going! Always think about where you are going! \**

**AM Affirmation: I believe in my ability to improve my health, my attitude and my life. I am worthy of the best that life has to offer and today I have the opportunity to get closer to realizing my dreams and goals.**

The only thing between you and your “finish line” is TIME! That’s right, time. You did not put on your weight in a matter of weeks and you will certainly NOT lose it in a matter of weeks. Despite what claims products make, you need healthy actions over a period of time to realize your weight loss desires. The good news, though, is it doesn’t take long to destroy what may have taken years to create – namely, destroying the fat! The goal of this first 21 days is to build a foundation of belief in your abilities that is so strong that you will have the determination that it will take to see you through the coming months...and beyond. I say beyond, as this is not “over” once you reach your desired weight. You are creating habits that need to become permanent parts of your new healthy lifestyle, so that you maintain your results every day forth. Won’t it be nice to never have to go on a diet again?

Belief in your abilities is an important trait. It fuels you to realize your dreams and goals.

When I started out on my weight loss journey, I wrote a list of goals to keep me looking forward.

1. To get out of debt.
2. Have a successful business.
3. To help others to realize their dreams.
4. To have another baby.
5. To live happily ever after.
6. To write a book.
7. To go to the Oscars.
8. To become Mrs. Missouri.

The list may seem simple or easily obtainable by most standards, but it is important to note that when I made this list, I was 275+ pounds, going through a divorce and broke. So, for that time in my life, it was a very ambitious list! The list was written over 8 years ago. I am happy to say that I have checked 5 out of 7 off and will get other two crossed off soon! This is a shortened version of your dreams and goals.

**TODAY’S ACTIONS:**

What would your list look like?

1. \_\_\_\_\_
6. \_\_\_\_\_

- |          |           |
|----------|-----------|
| 2. _____ | 7. _____  |
| 3. _____ | 8. _____  |
| 4. _____ | 9. _____  |
| 5. _____ | 10. _____ |

There! You wrote them down and therefore now they are more real. It is now up to you to go and realize them, one at a time. Remember, there is no race to finish them. Having a 'master plan' allows you to see that there is so much more in life than just the food that you need to eat to live! This will allow you to keep your eye on the finish line rather than on the feedbag!

**END OF THE DAY ACTIONS:**

**What was positive about today?** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.

**What one or two things can I do tomorrow to make it a more positive day?**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.

**PM Affirmation: I am thankful for today and the chance that I had to improve my life. I forgive myself for any shortcomings I may have had, and I look forward to the opportunity that tomorrow brings to take action toward my goals!**

Day 18

day: \_\_\_\_\_ date: \_\_\_\_\_

*\* Sometimes you have to just get up and do what needs to be done,  
and the reasons will become clearer each day! \**

**AM Affirmation: I believe in my ability to improve my health, my attitude and my life. I am worthy of the best that life has to offer and today I have the opportunity to get closer to realizing my dreams and goals.**

Do what needs to be done, sounds easy enough doesn't it. I think that dieting, as it has been sold to us, would have us believe that what we must "do" is very complicated and restrictive. I think it is pretty simple and much easier than the "experts" would have us believe. You have now completed 17 days "vice free", you have taken control back from the worst thing that you were putting into your body-- the worst thing that was contributing to your excess weight. You are tackling your second worst vice, are incorporating some exercise into your regime and are making it a habit to drink water throughout your day. Simple but incredibly effective changes, that when done consistently will result in clear and permanent change.

To make it very clear, what needs to be "done" is to feed your body the foods that it needs for proper function. The most common mistake the dieters make, is they argue "but we *have* to eat" and confuse what we *have* to eat for what they *want* to eat. Yes, we have to eat to live, but we do not have to eat unhealthy food items.

As your conviction and belief in your abilities builds, you will find it much easier and more natural to make other more positive and healthy choices as to what you eat and do.

**TODAY'S ACTIONS:**

I would like for you to list other things that are becoming apparent to you as things that may also be hindering your weight loss:

1. \_\_\_\_\_ 2. \_\_\_\_\_
3. \_\_\_\_\_ 4. \_\_\_\_\_
5. \_\_\_\_\_ 6. \_\_\_\_\_

Now that you've identified other 'hurdles,' let's look at possible solutions. Always look at the solution, because if you focus on the problem, you'll never see the solution!

The best way to come up with a solution is to ask yourself the right questions. Use this as an exercise wherever you are, as a check against what may not be healthy, and what is healthy!

**Questions to keep in mind during your healthy lifestyle transition:**

1. Is this healthy for me? What is a better choice, if not?
2. Will I be happy with myself if I make this choice?
3. What choice will make me happier in the long run?
4. How can I better prepare for healthy choices each day?
5. Will I be moving closer to, or farther away, from my goal with this choice?
6. Am I focused on WHY I want to achieve my goals?
7. Is my focus on taking this one positive action?
8. How can I best handle this situation?
9. What is the best solution?
10. Is this the healthiest solution?

If you have any doubts, remind yourself that you can always quit. Let me repeat that: **YOU CAN ALWAYS QUIT.** With that option in mind, why not go on to see where your actions will lead you? Quitting will not lead you to your goals and dreams, so why not save quitting for another day. What would you do if you quit? Nothing! So keep doing, and you'll keep getting...one step closer to the lifestyle you desire!!

**END OF THE DAY ACTIONS:**

**REVIEW:**

1. Control over my #1 and #2 vice! -----   Y  N
2. Drinking plenty of water each day! -----   Y  N
3. Exercising on a regular basis! -----   Y  N
4. Planning a reward for each week! -----   Y  N
5. Looking toward, not away from, my goals! ----   Y  N
6. Building a positive mental attitude! -----   Y  N

What was positive about today? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What one or two things can I do tomorrow to make it a more positive day?

\_\_\_\_\_

\_\_\_\_\_

**PM Affirmation: I am thankful for today and the chance that I had to improve my life. I forgive myself for any shortcomings I may have had, and I look forward to the opportunity that tomorrow brings to take action toward my goals!**

Day 19

day: \_\_\_\_\_ date: \_\_\_\_\_

*\* Make a target for each week that you will complete a successful number of healthy actions\**

**AM Affirmation: I believe in my ability to improve my health, my attitude and my life. I am worthy of the best that life has to offer and today I have the opportunity to get closer to realizing my dreams and goals.**

For almost 3 weeks your goal has simply been to get through the day without giving in to the urge to give-in to your “vice.” It hasn’t been easy, but it also has been a great learning experience – learning the stuff that you are made of – the right stuff! Studies have shown that it ‘takes 21 days of consistent action to form a habit.’ If those who say this (and I am one of them!) are right, in two more days, your vice busting resolve will have formed into healthy habits that can stay with you for a lifetime. A point to note here: one of the reasons diets and eating plans fail over the long term is because they demand that you develop many habits in the first weeks –and that is overwhelming!

As you continue your progress on the path of Self-Improvement through Self-Motivation not just for the coming weeks, but also for the rest of your life, it is important that you continue to make daily, weekly, monthly and long-term goals and targets for yourself to meet. Not only will doing this keep you continually working towards a goal, by also utilizing a rewards plan, it will be fun!

Along the way to reaching your desired weight, you should be making improvements in many areas of your life. In fact, what should happen is you make improvements in your life and you lose weight along the way. I lost 130 pounds. I have successfully kept 115 of it off for over 7 years now, with a slight fluctuation. Setting new goals keeps me on my toes and I know it will you as well. It’s fun when you have something you’d really like to do or a place you’d like to go to instill that excitement and passion to reach your goal!

**TODAY’S ACTIONS:**

Take a few moments and put some of your short-term goals to paper and a reward to go with it:

**Goal for today:**

\_\_\_\_\_.

**Reward:**

\_\_\_\_\_.

**Goal for the next 7 days:**

\_\_\_\_\_.

**Reward:**

---

**Goal for the next 2 weeks:**

---

**Reward:**

---

**Goal for one month from now:**

---

**Reward:**

---

Please do not make these goals unrealistic, make them reachable with some effort. Starting with small successes is key to being a bigger (in our case, smaller ☺) success. A boss of mine once told me that a goal means nothing if you are not willing to do everything that it takes to achieve it. A goal must be so important and desired by you that you will not let anything, much less lack of effort, get in the way of your realizing it!

**END OF THE DAY ACTIONS:**

**REVIEW:**

1. Control over my #1 and #2 vice! .....    Y       N
2. Drinking plenty of water each day! .....    Y       N
3. Exercising on a regular basis! .....    Y       N
4. Planning a reward for each week! .....    Y       N
5. Looking toward, not away from, my goals! ....    Y       N
6. Building a positive mental attitude! .....    Y       N

**What was positive about today?** \_\_\_\_\_

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**What one or two things can I do tomorrow to make it a more positive day?**

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3. It is good to finish everything on my plate, even if I am not hungry:  
 Y  N
4. It is ok to skip a meal if I am not hungry:  
 Y  N
5. Exercising for 20 minutes a day is enough to reach my goal weight:  
 Y  N
6. Some of my family members are overweight, and I have the ‘fat gene’:  
 Y  N
7. I am aware of every bite that goes into my mouth and know if it’s good for me:  
 Y  N
8. My mate loves me regardless of my weight:  
 Y  N
9. People judge me based on my weight:  
 Y  N
10. I let one bad decision or day get me down and make me want to eat:  
 Y  N

The important point here is to become aware of what your thoughts are, how you view yourself, and whether or not you are being true to your goals and the person you want to become! If you are focused on all the things that are out of your control – i.e. what others think, what your co-workers are eating, how someone else looks – then your not focused on what you want and what you need to do. The audio topics *Education* and *Awareness* will give you more insight as to how and why you can overcome these obstacles!

With education comes Awareness. We need to become aware of things that have previously been habitual actions. Things such as finishing the kids meals while doing the dishes, taste-testing as we are cooking, parking in the nearest spot to our destination, driving to a nearby friend’s when walking is an option. There are so many things that we can do in our everyday lives – that take no effort – that will increase our energy, fitness level, and ultimately, our weight.

**END OF THE DAY ACTIONS:**

**What was positive about today?** \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**What one or two things can I do tomorrow to make it a more positive day?**  
 \_\_\_\_\_  
 \_\_\_\_\_



analogy when it comes to your success: ***Money in the bank is not necessarily an indicator of a successful endeavor!*** Don't believe me? Then how would you rate Mother Theresa's success during her lifetime? Off the charts, I'm sure. If you rate it based on her actions, it tops the scale. Your weight loss will be a by-product of your actions, and that will come soon enough.

If in 3 weeks, your body lost 6 pounds, great. Only two pounds, great. I have found that the more you have to lose, the more you'll lose initially. But over time, it will average out to 2 pounds a week, as there will be weeks that "plateaus happen." There will be many weeks as you journey along this path of self-improvement that the scale will not budge. It will seem to be forever stuck, despite the fact that you are doing everything 'right.' The point to stress is that 'doing everything right' is far more important than whether or not the scale moves—it will in time. Another reason not to weigh yourself more than once per month.

**Remember the Julia Theorem: HF+W+E=WL**

**Healthy Food + Water + Exercise = Weight Loss** ...Never fails, never will.

With all of that said, you may be pleasantly surprised at what the scale's reading is...but either way, don't give it much attention. How many times have you weighed-in, saw that you lost a few pounds and then allowed that to serve as an excuse to overeat! We just aren't going to let that happen this time. Win, lose or draw, your resolve needs to remain intact and strong.

**Let's review the course of the last 3 weeks and judge the success this way:**

Number of days I gave up my #1 vice: \_\_\_\_\_ (maximum 19 days)  
Number of days I drank plenty of water: \_\_\_\_\_ (maximum 19 days)  
Number of days I gave up my #2 vice: \_\_\_\_\_ (maximum 8 days)  
Number of rewards I was able to do: \_\_\_\_\_ (maximum 2)  
Number of days I exercised: \_\_\_\_\_ (maximum 6 days)  
Number of completed days' actions: \_\_\_\_\_ (maximum 21 days)

---

TOTAL: \_\_\_\_\_ (maximum 75)

**Let's rate your score:**

A total of ---

**65-75:** excellent; committed to good choices, and good health

**55-65:** good effort, but need to strive for more consistency

**45-55:** needs improving; repeat the first three week's actions and review your

goals

**below 45:** re-write your goals and your reasons ‘WHY’ you want to lose weight, and concentrate on two actions – drinking plenty of water everyday, and replacing your #1 ‘vice.’

Current weight today: \_\_\_\_\_ Amount of weight lost: \_\_\_\_\_

Ok, now that that’s over, let’s continue on the path of self-improvement through self-motivation. The good news is that you are going to reach your weight loss goals if you keep doing what is necessary to get you there; the bad news is that it won’t happen overnight. There is more good news – I am not going anywhere! I will be right here with you as long as it takes. For the next 11 months – for one whole year you will:

1. **Strengthen your belief in yourself!**
2. **Shift your focus on actions toward your dreams and goals!**
3. **Track your progress and continue to affirm the positive!**
4. **Make a smooth transition to a healthy and fit lifestyle!**

**What was positive about today?** \_\_\_\_\_

\_\_\_\_\_

**What one or two things can I do tomorrow to make it a more positive day?**

\_\_\_\_\_

\_\_\_\_\_

**PM Affirmation: I am thankful for today and the chance that I had to improve my life. I forgive myself for any shortcomings I may have had, and I look forward to the opportunity that tomorrow brings to take action toward my goals!**

For more help and support visit [www.vicebusting.com](http://www.vicebusting.com)