



April 26 Daily Call Notes What I learned from hitting my weight loss goal

Book in a day class – Why do some participants publish their book and others don't.

Goal
Clarity
Commitment
Discipline
Why

Tuesday, August 4, I met with a health consultant and got in a scale for the first time in over 6 months. I weighted 217, my heaviest ever.

Motivation was an 8, 9 or 10

I set a goal – get to 199

I got on a system and the weight started falling off.

I got down to 205 and I lost my motivation

I then went between 205-212

Occasionally I went above 212 or below 205

I did some self-coaching to explore why I hadn't hit the goal

Here is what I discovered

I was not obsessed with hitting the goal

I was not committed

I was not in a W.E.I.T mindset

So I changed my mindset. I got to 203 and I kept my foot on the gas.

I got to 201 and I kept my foot on the gas.

I have gotten to as low as 198 and I kept my foot on the gas.

So if you are not hitting your goals do some self coaching

Bonus Video – Closing Intention - https://youtu.be/YS_ItOO4t3A