



The Daily Checklist for Losing Weight

There are three pretty much essential pillars to successful and fairly straight forward weight loss. By far the most important one is missed out by most people because they're not aware of how critical it is. The other two are done pretty poorly, but without the solid foundation of the first one they're unlikely to work anyway.

Pillar one: The absolute essential one which is nearly always missed out!

To achieve a slim and healthy body and to keep it that way, you have to have a 'slim mindset' backing it all up, otherwise any weight you lose will return. Without a 'slim mindset' you'll either yo yo diet for the rest of your life, or at some point you'll completely give up with the diet merry-go-round and just become resigned to being overweight for the rest of your days.

Pillar two: Nutrition

Most people tackle this one by going on a diet, and by now you'll know how well that works! Most diets don't give your body what it needs, leaving you tired and hungry, and soon to fall off the diet wagon. A properly fed body isn't hungry all the time and is not fat either.

When your body gets what it needs it can easily cope with a bit of what you want, so nothing ever need be on a forbidden list. Feeding yourself right is not being on a diet for the rest of your life, and gives masses of room for thoroughly enjoying your food.

Pillar three: Activity

Some people give this a go but make hard work of it because they pick something they don't even like, get fed up with it really quickly, and quit. Exercise doesn't have to mean putting on trainers for a run or going to a gym. But bearing in mind where most of your body's energy is burned off (your muscles) it's an important part of your plan.

1. Mindset

You could liken your brain to your smartphone. It's a piece of hardware basically. To make your smartphone do the things you want it to do you load software onto it - like the Facebook app for example.

To make your brain perform tasks you do something similar. When you wanted to drive a car you learned how to do it. Through the learning process you literally installed the 'I drive a car' app into your brain.

You need to set your mind up to take you where you want to go, with the driving example - you 'learn driving' and then you can drive all by yourself.

When it comes to your weight you also need to set your mind up to where you want to go, otherwise it will take you somewhere else - maybe a never ending cycle of dieting. Your body can only go where your mind leads.

- A.** What do you actually want when it comes to your health and weight? The important thing here is to answer the question. And what I mean here is - don't answer it by saying what you don't want! And there's a really good reason for this..
- B.** You get more of what you focus on. Most people focus on where they are now, fat and overweight. These thoughts act as an anchor in the ground and keep you where you are.

Daily checklist no. 1

Remind yourself exactly what it is you want regarding your weight.

Daily checklist no. 2

Think about what you want - often! You can do it anytime:

- Queue in shops
- Traffic lights

Daily checklist no. 3

Catch yourself thinking 'fat thoughts' and then change them and think about what you want instead.

Every thought takes you either towards or away from what you want. You're aiming to have more thoughts about what you really want, and many less about what you don't want.



2. Nutrition

This is MUCH less about what you 'shouldn't' be eating and MUCH more about eating for nutrition. It's not just about calories, it's about providing your body with what it needs to become slim which will:

- A. Decrease your appetite
- B. Increase your energy - you'll feel well, alive, and will naturally become more active

Things to include everyday:

Daily checklist no. 4

Fruit, especially berries because they are lower in sugar and packed with health promoting micro-nutrients.

Daily checklist no. 5

Vegetables and salads, especially cruciferous vegetables like broccoli and kale because they contain high concentrations of antioxidants.

Daily checklist no. 6

Legumes (beans, lentils, split peas, chickpeas). These are a great source of protein without saturated fat and there is evidence they promote weight loss.

Daily checklist no. 7

Seeds and nuts. These are a healthy and weight loss promoting source of fat.

Daily checklist no. 8

Whole grains instead of the white refined versions. Refined carbs trigger insulin splurges which helps to keep you fat.

3. Activity

This very much depends on where you are at now. But one of the easiest ways to make quick gains here is walking a bit more than you do already. Adding just an extra 2,000 steps per day will make a difference to your weight when done consistently. Small things done consistently make a massive difference over time. An extra 2,000 steps every day adds up to 730,000 extra steps in a year! That's tons of extra calories burned off AND a substantial improvement in your physical shape.

Daily checklist no. 9

Walk 2,000 steps more than you would normally. This will take you about 20 mins and you don't even need to do it all in one go.

