

10 Mindset Solutions: Fat Loss Starts in the Mind

Written by Paula Owens, MS

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To achieve any goal whether it be fat loss, a healthier lifestyle, relocating to a new city or changing careers, it starts with a conscious shift in mindset and being intentional.



12 Mindset Solutions: Fat Loss starts in the Mind

1. Start with your value system and write down your top values. A few of my top values are God, myself, my Rottweiler, Teddy Bear, family, a healthy lifestyle, my business/work, friends, helping others and community, and spiritual growth. Is health one of your top values? Prioritizing your values is an initial step that opens the door to transformation and lasting change.

2. Keep a journal to record your goals and intentions. Review them daily. The act of writing and journaling is very powerful in creating a positive outcome for long-term success. Studies show an 80 percent success rate for those who follow through by writing down their goals. Be intentional. The greater the outer change or physical change you wish to manifest or experience, the inner change or emotional change must be even greater. Serious intention and desire for personal growth, losing body fat, or achieving any other change or goal requires emotional motivation

3. Start with two simple, healthy changes each week and add two more each and every following week. This is the concept in my first book, [The Power of 4](#). Ultimately, small changes over time are very profound and doable without creating overwhelm, and subtly change your old, sabotaging habits into new and healthier ones.

4. Be prepared. Have a plan. Use the 12-week check list found in [Fat Loss Revolution as a tool](#). Set up your environment at home and work to minimize and reduce temptation. Remove unhealthy foods from your home and replace with healthier options.

5. Fat loss is contagious, and so is weight gain! Surround yourself with like-minded people who support your healthy lifestyle. This may mean dissolving certain relationships that are no longer in alignment with your vision and intention. Share your goals with family and friends. Hire a coach, find a mentor or attend a class.

6. Break out of the negative mindset. One of the keys to breaking this habit is to act in spite of. Each time that you act regardless of your feelings, fears, worries or doubts, you are reinforcing the habit. This allows you to confront bigger challenges and obstacles no matter what area of your life. *"Act the part; walk and talk exactly as if you were already the person you want to be."* (Brian Tracy)

7. Avoid quick-fix, starvation diets that are not conducive to a healthy lifestyle and as an end result cause a damaged metabolism, hormone disruption and result in extra weight once the dieting ends. Realize that you cannot exercise your way out of a bad diet. End the thought process of exercising more and eating less (a metabolic disaster), and alternatively adapt a *lifestyle* mindset. Focus on nourishing your body with real food so you think clearer and feel better. Follow the PVFC method found in *Fat Loss Revolution* – include protein, plenty of fiber from leafy greens and non-starchy veggies, healthy fats, filtered water and green tea.

8. Become conscious about the importance of other principles in addition clean eating to experience the healthiest version of yourself. Functional factors in a healthy lifestyle equation include hormone balance, sufficient sleep, stress management, eliminating foods your body is sensitive to, an intelligently designed exercise program (not too much and not too little), healthy gut function, correcting nutritional deficiencies, self-love and worth, and periodic detoxification.

9. Let go of comparing yourself to others. This only leads to frustration and self-loathing. The perfect solution that worked for your sister, your friend or your trainer may not work for you. Your biochemistry can cause you to metabolize fat differently than your friend even though you both followed the exact same program. Determine what works for you.

10. When you're feeling anxious, fatigued or stressed out, instead of turning to food as your go-to remedy, walk your dog, practice yoga, meditate, talk with a friend, light some candles and take an Epsom salt bath, listen to your favorite music or a personal growth CD, record in your journal or read something spiritual. Problems aren't solved with mindless eating.

11. Own your choices. Stop the excuse and blame mentality. Be honest with yourself. Losing weight (and keeping it off) and creating the healthiest version of yourself is about consistently making healthier choices 90 percent of the time so it becomes your lifestyle. In my book, *Fat Loss Revolution* I refer to this as the 90/10 Revolution Solution. 12.

12. Patience! Take it one day at a time. Be consistent. Value and focus on the positive progress you have already made along your journey toward health. Realize that setbacks may occur during the process. Resume your intention and focus on getting right back on track. Have a sense of gratitude. See your transformation as progressive – a journey vs. perfection. Believe in yourself! Love yourself!

"If you really want to do something, you'll find a way. If you don't, you'll find an excuse." ~Jim Rohn

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