

Maree White's

Free Video Weight Loss Course

Course Guide

Permission

I should lose weight.

I need to lose weight.

I have to lose weight.

As good as they sound these thoughts will take you to your weight loss goal. If you want to lose weight. Own it. Give yourself permission. Just decide you want to lose weight. Find your truth for you.

Why do you think you should lose weight? And how does that thought make you feel?

Why do you think you need to lose weight? And how does that thought make you feel?

Why do you think you have to lose weight? And how does that thought make you feel?

Why do you JUST want to lose weight? And how does that make you feel?

Direction

We are going to give your brain clear direction. A vague idea of weight loss will not cut it for you. Your brain needs direction in this journey. Think of it like using Siri on a road trip.

Work like an actor with a director and create a scene. Think about what you want and how having that makes you feel. Now put it in the scene of your life where you can see it happening. That day when you arrive at your weight loss goal.

How will you know when you have arrived?

Where will you be?

What will you be doing?

What are you wearing?

Where are you going?

What's the light like?

What room are you in?

Put yourself in that scene and bring it together. Make it feel juicy and sexy. Something you like to think about. Be present to the feeling it creates.

Write your scene here:

Tip- You might notice your brain tries to slip in a few doubts or concerns, ignore it. Squeaky wheel.

Connection

Bride the gap between the goal in the future and the work that you are about to start to get there. Like your past self created your present-day results, what you do today will create your future results. You will be here - like you are here today. To lose weight and maintain your weight loss you have to get familiar with the woman you are becoming.

Look back to the past from present self you can see the connection. Future self is just looking the other way. A woman that has lost all her weight knows how to think about food and wine in a way that serves her. So you have to get to know how she thinks. You will be surprised at what you know.

How does she cook?

What does she eat?

How does she order food?

How does she drink?

How does she handle pizza night?

What does she say no?

What does she say yes to?

How does she act,

How does she walk?

How does she move?

Write your thoughts here:

Success

**Ok, you have now permission, direction and connection.
These are the foundations of weight loss.**

**No matter what you do, eat or drink if you lay the
foundations with this work you will succeed.**

Weight loss is not about managing
your food and wine its about
managing your mind.

**Would you like me to guide you
through your transformation?**

Schedule a call with me here:
www.bodymindmodel.com

