

simplyweight's Top 10 Golden Rules

Follow these simple rules for long-term weight loss success!

Rule #1: I have enough time. I'm never too busy.

Time management is extremely important in weight management. Most people cannot stick to a routine in their food habits and exercise as they feel they are too busy. It is important that you identify time for yourself either as a chunk of one hour or in 15 minute slots. If you still cannot find time, go to bed early and get up early as exercise is best in the morning. Avoid spending time in unwanted activities.

Rule #2: It's always a good day. Never say "I have had a bad day."

Perception is very important when it comes to your weight loss journey. You should avoid labelling your days as "bad days". If something untoward happens in the morning and you convince yourself that you're having a "bad day" then what sort of day do you expect to have? The problem with such labels is that they're often self-fulfilling.

Suppose you want to make yourself feel better on a bad day...you might treat yourself to something unhealthy to reward yourself. This will lead to momentary happiness followed by guilt, discomfort and unhappiness. As a result, you will condition yourself to believe that certain foods are the source of your comfort and happiness. This is a link that you need to break.

On the other hand, if you make every day a "good day", even if something unpleasant were to happen you would be in a much better position to deal with it rationally and not slip into unhealthy habits. This approach is necessary if you want long term success in weight loss.

Rule #3: Think positive. Get rid of negative thoughts.

The law of substitution tells us that our minds are only capable of thinking of one thing at a time. Therefore it is important to make sure that this thought is always a positive one. We will all experience negativity and negative thoughts from time to time. This is not a problem as long as you're able to quickly dismiss this thought and replace it with a positive one.

If your thoughts are filled with stress about a work deadline or an argument you had with a friend then try to think of a positive memory from your life or an environment where you felt happy and safe. By constantly forcing your negative thoughts out and replacing them with positive ones, this will become a natural reaction for you whenever you're feeling low.

But why is it so important to get rid of negative thoughts quickly? Our thoughts determine our actions. Our actions in turn determine our habits and those habits are what shape our characters. By focussing on positive thoughts alone, you will be able to create a drastic change in your character which will help you greatly with your goals.

Rule #4: I can do it! I am the best! It's all about me.

Normally we are taught that being selfish is wrong. However, for weight loss it is crucial that you ARE selfish. What we mean by this is that in your weight loss journey, you come first. You should always put yourself first because if you're healthy and happy then your family, friends and colleagues will be happy and your environment will become a positive one. In this way, by taking good care of yourself you will be taking care of everyone around you as well. For example, a healthy mother will be better able to take care of her child than a distressed mother.

Rule #5: Visualise success all the time, every time.

If you always visualise your success then this allows your subconscious mind to work on your goals in the background and helps you to achieve them. This doesn't necessarily have to be weight related goals but any goals that you may want to achieve. When you wake up in the morning think about your goals for the day, the week, the year and even longer term ones. This will set the tone for your day and you will work through the day with a strong purpose. Similarly our minds are hard at work even while we rest so it is beneficial to think about what you really want just before you go to sleep.

Rule #6: Write, write and write. Every day!

However passionate you are about achieving your goals, they will only come to fruition if you write them down daily. Thinking about your goals is important but many of us have very hectic lives and it is quite easy for the mind to drift to other things. When you write something down you are much more likely to focus on the words you're writing and hence your goals. This is applicable in weight management too. Research has shown that keeping a food diary for the next day always helps and you will be more likely to reduce your calories. This is because you have something tangible to look at and you'll be less likely to stray towards poor food choices. However, this method has been proved effective for achieving goals in all areas of life.

Rule#7: Sleep well daily and do not spoil your sleep.

One medical study on diabetes showed that too little or too much sleep has an effect on your insulin level. Insulin in turn has an effect on your metabolism and hunger patterns. For example, people who sleep very late and little may have a greater tendency to eat high calorie snacks at night time. It is therefore important to get sufficient sleep daily and try to have a consistent sleep pattern.

However, do not try to compensate for an extreme lack of sleep by oversleeping the next day. This does not work and in the long term it can be very dangerous. The key is balance!

With adequate sleep you will have enough energy to get through your daily activities and be able to exercise regularly without tiring yourself out.

Rule#8: It's not what happens to you or what is said to you. It's all about how you respond.

Suppose someone is teasing you or bullying you at the workplace. Naturally you're going to feel bad. However, the way you respond determines how happy you will be. If you allow yourself to feel anger, resentment and pain then these feelings will only affect you negatively!

While it is difficult, it's crucial that you maintain a calm, positive mindset even in the most testing times. This way you won't be putting stress on yourself and will free your mind to think of a better solution to your problem. Furthermore, your lack of response will definitely put off anyone who is making comments about you.

Rule#9: Write your own script, not other people's.

Most of us spend far too much time worrying about what other people think of us. We create imaginary scenarios that may never even happen and painstakingly run through dialogues with others in our minds that make us feel unhappy, stressed or under-confident. While this type of behaviour is very common it is also extremely self-destructive.

Why bother stressing over something that isn't real? To address this, it is crucial that you **stop** writing other people's scripts. By this we mean you need to stop concerning yourself with the thoughts, actions and habits of others and only focus on yourself. As rule #8 explains, when you focus on keeping your own thoughts, words and actions positive then your surroundings are sure to change without much effort.

Rule#10: You don't need money to achieve your goals.

If you want to lose weight, it's absolutely NOT necessary to break the bank. Many people think that to succeed at weight loss they need to spend huge amounts of money on "super foods", personal trainers, boot camps, high-tech exercise equipment, professional running shoes and expensive gym memberships. This is not true!

If you let yourself believe this then you'll find it very difficult to achieve your goals. In reality, it is quite easy to lead a healthy lifestyle. Can't afford a gym membership? Then simply go for a brisk walk outside for an hour a day. Take the stairs instead of the lift at work and walk the dog more times per week. All these activities will burn calories and are completely free.

There's also no need to spend a lot on organic fruits and vegetables every day. All it takes is some good planning and a little effort to get very good deals on healthy foods and in particular, wholesale foods. So no more making excuses!

Print this out and put it up everywhere: in your bedroom, dining room, car, office and give it to your partner, friends, buddy and your family.