

DAY 11

Hi All,

Well how has it gone today. Any stuff ups!! I certainly have been a little slack on my exercise lately. Also I have let myself get hungry and then I have over compensated. Oops!

A couple of times this has happened over the past few days because I have not been focussed enough with some other things on my mind. I fell out of ketosis but plan to get back on track with a protein day and some extra walking. (About 12000 steps extra each day) So if we have a hiccup we can get back on track quickly with a protein day and some extra walking. Good to know we are in control and can have the forever lean body we are after. So I can fix the eating and exercise but what was the primary problem? That's right my mind was on other things.

Solution!!

This program is as much about getting the thinking right as anything else. You can be in control with this program, but you must booby trap yourself to success!

One great booby trap for my thinking is getting a new CEP every month. The CDs especially stop me from saying bad things to myself. Then my positive self talk can pick up, or at least my negative self talk can diminish, and I am more focussed on my affirmations. Have you said them today? Why not do them right now? Stop and do them. Go on!! Now!! So easy to get back on a positive spiral isn't it?

Anyway we are always going to come into some problems and we need to understand that problems are there to help us become all we can be. Where would Mozart be without blindness? Jim and Nancy Dornan without Eric? Maybe not the best examples but there are some common traits to all people who succeed. They believe it is possible to improve their situation. They have a real desire to improve their situation, and they persist.

How about doing a few extra steps today or some simple exercises like step ups, push ups (even against a wall), how about some sit ups (or just lift and hold your feet while laying down in bed). What about some arm curls with the groceries on the way home? Just a little bit more every day.

Hope to see those of you in South East Queensland at Healthpointe tonight.

Jamie