QUESTIONS

I will make it very short. Did you know that our actions are a result of questions we are asking ourselves on a daily basis? Your internal questions give your nervous system a guideline on what to focus on. So, if you are asking yourself 'Why I am so fat?', 'Why can I not lose weight?' your brain will be searching for the answers to those questions and more evidence to support these questions. You will struggle to eat healthily or have the energy to exercise. Every book I have read about psychology and the mind says that we have to take control of our thoughts and the questions we ask every day. You know, you would never talk to anyone the way you talk to yourself, right? Or if you said all that out loud you would end up in a mental institution. So, if you want to make a successful and painless change take control of your thoughts and self-questions.
Mel Robbins has this great tool called the 5 second rule. When you find yourself thinking lousy questions count from 5 to one and change that question to a more empowering one! If you find yourself being unhappy with yourself, complaining and hating what you have just done, count from 5 to 1 and thing about something great that happened recently. Take control!
Here are few examples of better questions to help you in your weight loss and fitness change:
"what do I have to eat today to feel good and have the energy to exercise?"
"what can I do to lose weight?"
"what can I do to kick my metabolism today?"
"how can I juggle my work today to be able to get to the gym?"
"what time do I have to go to bed to have more energy tomorrow?"
"what food I have never eaten I can try today and enjoy?"
"what does my body need today to feel good?"

Now write down your questions that can help you achieve the results you are looking for and take control of your thoughts. If you don't they will be played automatically on a loop and make it so much harder for you. As everything, it will be harder at the beginning, easier as you go and finally you will notice that empowering questions are the majority of your thoughts.