

How to Change Your Thoughts

The thoughts you think create your results. Use this guide to help you change your thoughts and beliefs so you can get the results that you want.

THREE STEPS TO CHANGE ANY THOUGHT

Step 1: Identify the current thought holding you back.

Ex: Losing weight permanently is impossible for someone like me.

Step 2: Identify the new thought that you want to believe.

Ex: I'm unstoppable.

A good way to identify a new thought is to ask yourself what you would be thinking if you already had the result you want. When you choose a new thought, be sure that it feels at least somewhat believable to you – if you don't believe it yet, you'll need a "monkey bar thought" (This is explained below.)

Step 3: Practice the new thought regularly.

There are lots of ways to practice new thoughts – experiment to find what works for you! What's important is that you remember to practice; a new thought can soon take the place of an old thought and become automatic, but it takes consistent effort.

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FIVE IDEAS FOR PRACTICING A NEW THOUGHT

1. Write it down in your journal a few times every day.
2. Record yourself saying the new thought several times and listen to it on repeat.
3. Put your new thought anywhere that you'll look at frequently. You might place a sticky note on your desk or mirror or create some fun graphics and add them to the lock screen on your phone.
4. Set up reminders on your phone to practice thinking your new thought, for example, when you are commuting to work or cleaning up around the house.
5. Memorize your new thought and repeat it out loud when you're doing mindless tasks like showering, cleaning up, or folding laundry.

There's no right or wrong way to do this! Try out several of these ideas to discover what works well for you.

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MONKEY BAR THOUGHTS

Very often, the new thought we want to believe isn't believable to us yet.

When this is the case, think of it like monkey bars at a playground: Your current thought is at one end of the monkey bars and your goal thought is at the other end. In order to get from one end to the other, you'll need to pass several rungs (or "monkey bar thoughts") on the way.

At the start, it's helpful to write out what you anticipate the monkey bar thoughts will be, so that the rungs are already laid out for you. From there, you practice the first "monkey bar" thought until you believe it. Then you're ready for the next monkey bar thought, then the next, and so on. You keep going until you reach the other side.

The next page has an example of monkey bar thoughts. You'll find another example in Chapter 2 of my book, *How to Lose Weight for the Last Time*.

HOW TO LOSE WEIGHT FOR THE LAST TIME

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Ideas for monkey bar thoughts:

Make it neutral. Ex: *I have a body*

Add a qualifier. Ex: *Sometimes...It's possible that...I'm becoming a person who...*

EXAMPLE:

Current thought:

Losing weight permanently is impossible for someone like me.

1st monkey bar thought:

Other people have figured out how to keep the weight off and so there's a chance I could do it too.

2nd monkey bar thought:

I have achieved other hard things in my life, maybe I can achieve this too.

3rd monkey bar thought:

I'm figuring out how to lose weight permanently.

4th monkey bar thought:

Every day, I'm creating more evidence that I can keep the weight off.

Goal thought:

I am someone who can maintain my ideal weight.

MY CURRENT THOUGHT IS:

MY NEXT MONKEY BAR THOUGHT IS:

MY NEXT MONKEY BAR THOUGHT IS:

MY NEXT MONKEY BAR THOUGHT IS:

MY NEXT MONKEY BAR THOUGHT IS:

MY NEW THOUGHT WILL BE: