



## DAY #4: FOCUS ON WHAT YOU WANT WITH FEELING

### EMOTION DEFEATS LOGIC

*Your emotions are far stronger than your intellect.*

**So, FOCUS on what you want WITH FEELING.**

If you're saying you want one thing, but you're feeling something else, you're likely to sabotage your efforts. But when you **get emotionally involved in your goal** you're bringing with you your subconscious mind and your body, and you're using your imagination which is far more powerful than your willpower.

For example:

If you're trying to eat healthily, and you're saying to yourself that you're choosing not to eat chocolate, you might still *feel* like you really want some chocolate, and then you start to crave chocolate.

Instead you simply put an even more desirable image into your mind...

Visualise yourself at your perfect weight, healthy and strong. Really enjoy the feelings of confidence and joy that you get from being slim, looking hot in your underwear, and feeling energised and healthy! Show your mind that being slim and healthy is so much more important and exciting than chocolate.

To increase the emotional intensity:

- make the pictures big and bright in your mind,
- increase the volume of the sounds,
- and really FEEL the thrilling emotions of excitement, satisfaction and joy as you focus on the positive outcomes.



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