



DAY #6: LEARN HOW TO ENCOURAGE YOUR MIND TO LET GO

YOUR MIND HATES TO PART WITH ANYTHING THAT'S YOURS

The brain is very reluctant to let you lose something that you already have; your mind always wants to hold onto what it is yours. When you're seeking to let go of the things that are holding you back the language you use matters.

As far as your mind is concerned, all loss is bad and all gain is good.

Do you want to lose weight? Your brain will fight you ... because as far as our brains are concerned, all loss is bad and all gain is good.

What would be painful for you to lose? You could lose:

- your passport;
- your mind;
- your hearing;
- your house;
- your looks.



Children call each other “losers”, sports people lose races. All loss is bad in your mind's assessment.

The opposite of loss is gain. There are lots of great things to gain: a pay rise, skills, a gift, love, a house, a friend ...

So, you can stop saying to yourself and to others “I am losing weight” or “I need to lose weight” or “I want to stop gaining weight”. We cannot succeed at weight loss or losing weight because the mind will fight to get back what it thinks you have lost.

Instead, talk about what you are gaining. “I am gaining health, vitality, energy, a firmer body, confidence” etc.