

GS

# Get Started!

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In these videos, you learned that . . .

Diets don't work.  
Changing your thoughts  
and habits is the only  
thing that does.

To get rid of a bad habit,  
you have to gradually  
change it into a good one.

Dieting creates massive resistance. You have to make a ton of huge changes, all at once, and in no time flat. Diets are negative-focused: you have to avoid this, eliminate that, and stay away from these things.

Plus, you don't learn anything, because you just do what someone tells you to do -- then you go right back to your habits.

But when you gradually change your behaviors, and you start changing how you think and talk to yourself while you engage in them, you start to see immediate results and gain real momentum. That's because changing how you think affects what you do, and changing what you do makes you think differently.

Goal: Modify a bad habit until it becomes a good one.

It's really hard to quit a bad habit and pick up a good one. What you want to do instead is slowly modify a bad habit until it becomes a good habit. There are three keys to doing this:

1. Make microchanges. Tiny changes are easy to make and give you the small wins you need to motivate you to keep going.
2. Pick your own changes. Choosing changes that are easy for you to make and that fit with your lifestyle means you're more likely to stick with it.
3. Take your time. Give yourself all the time you need to successfully make changes, so there's no pressure.

This is the opposite of what you do on a diet (make huge, one-size-fits-all changes in a short amount of time).

Exercise: Pick 3 to 5 habits you want to change.

Choose 3 to 5 habits - whether it's eating too fast, bingeing on chocolate, or late-night eating -- that most interfere with you losing weight. You'll work on one each week of the program (with one extra if you identify 5).

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If you need more space or you'd prefer to write in a journal, please do!

Habits I want to change:

1.

2.

3.

4.

5.

Now pick the habit that would be easiest for you to change. Choosing the easiest one makes you more likely to succeed and gives you motivation to continue. You're going to start working on this habit during Week 1.

Habit I'm starting with:

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Exercise: Pick 7 to 10 microchanges.

Choose 7 to 10 microchanges you could make to this habit that would slowly change it from a bad habit to a good habit. You'll start with 2 or 3 of them to work on in Week 1, then add more as you go through the remaining weeks. Use the 45 Tweaks worksheet to give you ideas -- or come up with your own!

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

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Goal: Challenge your negative thoughts.

As you start making microchanges to Habit 1, you're also going to change the thoughts that go with the habit. You'll learn exactly how to change your thoughts during Week 1. On Monday, you'll fully engage in Habit 1 to see what thoughts come up -- before, during, and after -- and you'll get strategies for changing them.

Now you should have 3 to 5 habits you'll be working on for the next several weeks, and you've picked the one you'll start with. You've also got a list of microchanges you'll make to Habit 1 and have identified 2 or 3 to start on next week.

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Get excited that you're about to take control and make real changes. There is no limit to what you can do and who you can become! Losing weight is only the beginning.