



SIGNATURE 7-STEP
METHOD FOR
LASTING WEIGHT LOSS

STEP 5

CHANGE THE MENTAL MESSAGING

**It's not what you say out of your
mouth that determines your life,
it's what you whisper to yourself
that matters the most.**

If You Want to Change the Messaging:

- ✓ Get clear on what the message is
- ✓ Write yourself a new script



INSTEAD OF:

This doesn't work.



TRY:

This will work if I stay persistent.

INSTEAD OF:

I can't do this.



TRY:

Yes I can. Keep going.

INSTEAD OF:

I want that food.



TRY:

***I want to lose weight
& be healthy more.***

INSTEAD OF:

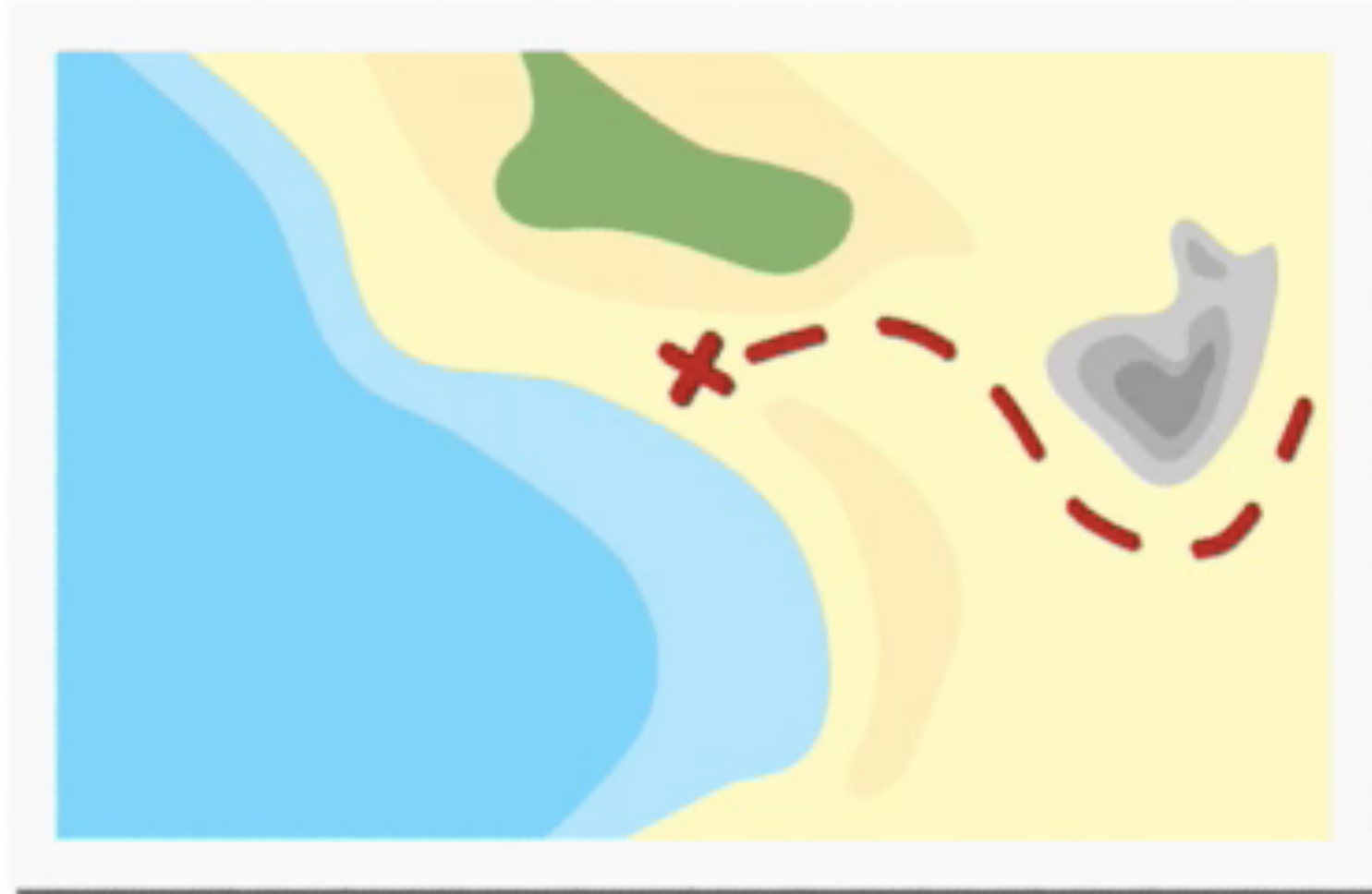
It doesn't matter.



TRY:

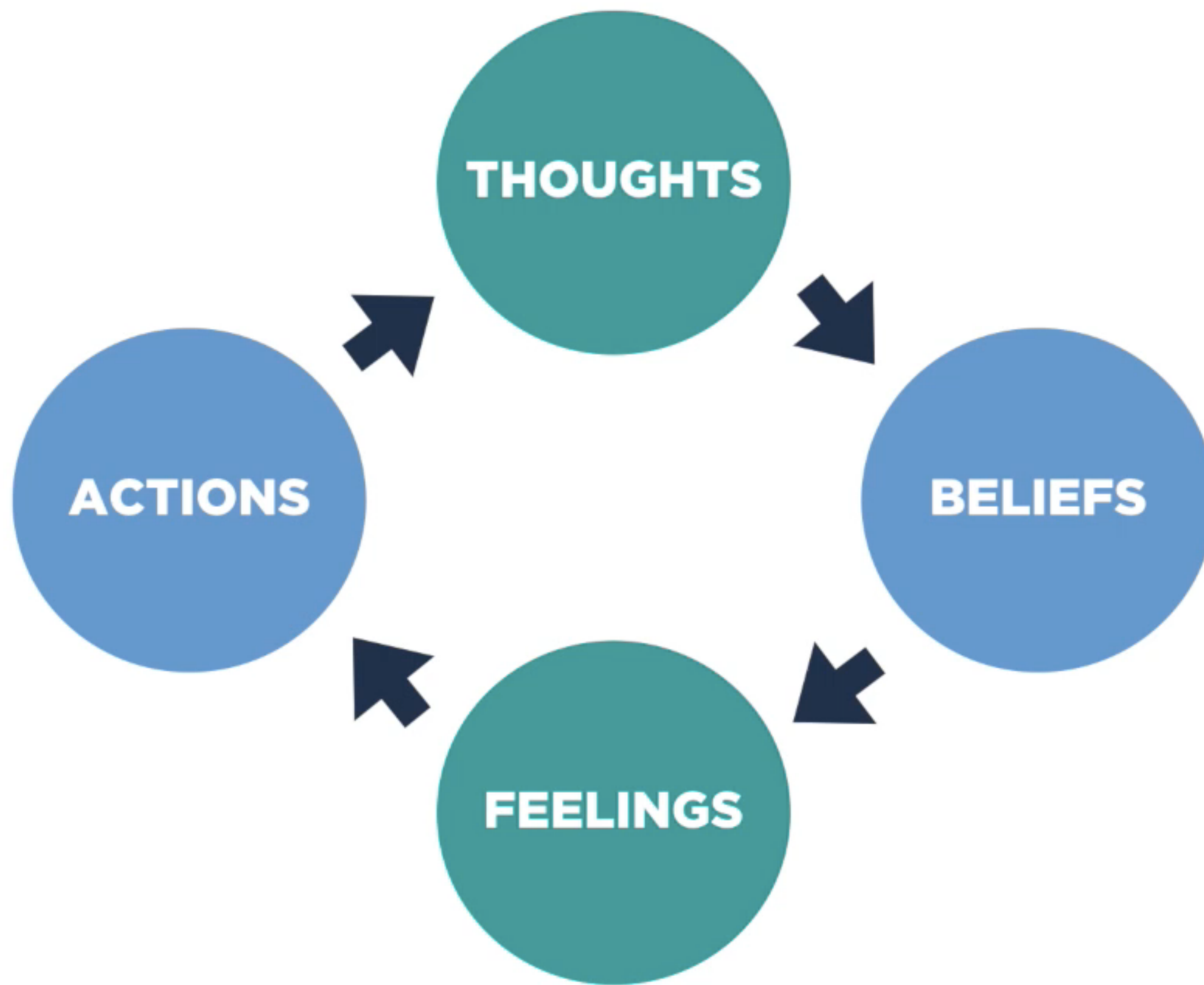
It does matter because I matter.

**Change the negative voice
to a positive one and stay
connected to the outcome
of what you want.**



You can't live a **POSITIVE** life
with a negative mind.





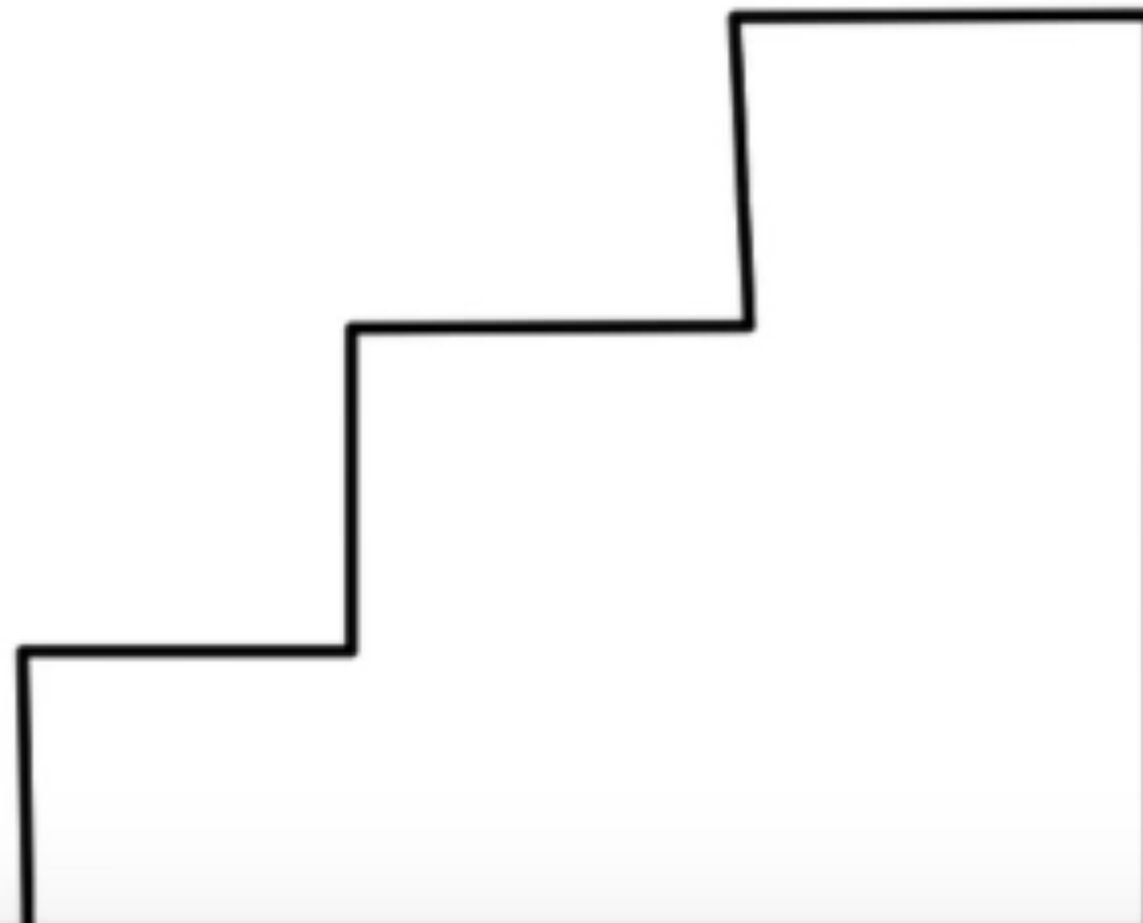
Listen to Your Self-Talk

**What do you say to yourself?
Would you speak that way to
someone you love?**



**This is a step-by-step
process of change.**

**When you change the message and
treat yourself with kindness, you
WILL lose the weight and keep it off.**



Just remember...

How much and how often in 7 days?

**Going sideways once or twice
won't ruin all your hard work.**

**Make a mental plan, be kind to
yourself, and figure out what
happened so you can make
a different decision next time.**

You matter.

Your decisions matter.

**Stay connected to what you
want and **WHY** you want it.**



LET'S REVIEW

Day 1 - Nourish

Day 2 - Create Awareness of Your Habits & Behaviors Around Food

**Day 3 - Monitor Your Messaging
(What is Your Self-Talk?)**

Day 4 - Identify Triggers

Day 5 - Change the Mental Messaging

**Schedule a free call
with me at
speakwithlisa.com**