

IT'S ALL ABOUT ME!!

On this fine, beautiful day I woke up thinking about me. This is not unusual, I do, in fact, make that a practice – checking in with me and asking my self how I feel, how I'm doing. This introspection most often involves gratitude. Simple gratitude that begins with delight in waking up in a functioning, healthy, fit body that can pretty much do whatever I ask of it on any given day. I give thanks and then move down the list of all the other people and things in my life I am grateful for. Then I can get out of bed and move along. If I get a less than positive response, I stay in bed until I turn my thinking around and reach a place where I am feeling not just good about me, but good about getting up and being around other humans and feeling like I have something to offer the world.

I start my day making ME number 1, because I am the most important person in my life. I come before everyone else, and I insist on that from me. Secondly, I must be having a good time. Fun is an important aspect of my life – and if I find my self in a compromising position of feeling negative or over – stressed, I stop and ask my self, 'Is this fun?' If it isn't, I know immediately that something must change.

My life is all about me. That means even when I am with you, I am still all about me. I thoroughly understand that only when I am taking care of me first, when my cup is completely full, do I have anything to give to you. And it's very important to me to be able to give to you.

Your life needs to be all about YOU. You first. You must be full of respect and love for you before you can give those things to the folks around you. Most of us understand that on a conceptual level. Many have burned themselves out giving to others without giving to themselves and ended up on the burn-out crazy train, struggling to catch up or, worse - stomping around their personal lives demanding time, space, care, and love to the confusion of those around them... and then there is the very worst: physical breakdown as the body finally DEMANDS care... (Illness, medications, disease...).

Been there? Reached that frustrating, sad and depressing place where you have lost control of your body, your body no longer responding to your own personal 'finest' efforts? That place where you look in the mirror and you don't like you? This path takes a lot of courses, and I'm pretty sure you

understand what I am trying to convey, here. My friend, I am here to tell you that your body does not go anywhere that your mind has not gone first, period. YOUR BEST THINKING GOT YOU WHERE YOU ARE. If you are not happy in your body, you're not happy in your brain. Your body is a profound reflection of what is going on in your head – and if your body has begun the process of dying – if it has given up on you – if it is not responding to you, then you need to start with liking YOU first, and completely changing your thinking. Your thinking, your self-care, has not been working for you. Can you give it up? Are you willing to change it?

Ah, yes, we're talking about your lifestyle. Right? Do you see that? All of your thinking, all of your choices, got you where you are. Period. So how do you change your body and hang on to all the behavior and thinking and social patterns and methods of dealing with emotions and food attachments at the same time? You don't. Change requires change. It doesn't happen overnight, it can't. You are a human. We're complex creatures who rebel against change. So we go slowly and we urge the mind along and the body follows. Will this result in instant fat loss, some of you are asking...NO.

To take care of your body – and especially to embark on a journey as profound and life enhancing as Lifestyle Transformation – requires some serious self-respect and self-love. If you cannot learn to give to you first, you won't see the Miracle. You won't get it. It won't happen with unrealistic expectations of overnight or 'quick' results without laying the groundwork of care and healing that your body requires embarking on serious physical change.

Explaining to a frustrated client whose main objective is to see the scale on the floor reflect a certain number and the scale is not giving that feedback, explaining to that person the immense changes that their body is going through on the road to health - the complex biological processes, the hormonal changes, the physiology of asking a human body to completely switch gears from dying (yes, dying – your body is always in change – positive or negative, dying or living...) to regenerating, the mechanical processes involved, the mental and emotional changes, the profound cellular adaptations that occur – how can someone not see this as a Miracle? All these changes must happen frequently BEFORE the body will switch gears from storing fat for survival to burning fat as a clean, mean, fit machine.

I have learned there are folks who will not see that miracle, on any level. These folks are so scale and weight-loss focused that they will not trust the process that their body must go through – the profound biological, physiological changes involved are not respected – they want ‘results’ (in scale format) and they want them now. The lifestyle these folks have has some common ground – they are usually very ‘busy’, they are impatient, they are easily frustrated, and they have usually dieted many, many, times. Fasted, cleansed, pill’d, starved, and read most every book on the diet fad train (at least the parts of the books that related how to drop the weight quick) and moved from diet to diet to diet with varying degrees of ‘success’ until their body will no longer respond. They contact me because they see the awesome results in my clients, but will balk every step of the way because of one common factor. They do not respect their bodies enough to put themselves first. The job, the significant other, the kids, the job, the social commitments, the job, the parents, the friends... they don’t have ‘time’ to add health and fitness into their lives – much less think about what they eat! They want instant results, and they want them now. Unfortunately, they’ve found their bodies will not respond to ANYTHING. By this point, they are living in a body that has switched gears completely to self-destruction, and turning that physiology around takes a lot of focus, attention, patience, kindness, self-love, and very, very clean eating. But with these folks, it’s “I didn’t have time to plan out my eating that day so I...” and “A friend of mine was here from out of town and I had to have wine and then...” and in the next breath it’s “I don’t see this working for me because I actually went UP a lb today...” When they finally get down to it, and have a couple weeks of truly clean eating, their bodies do not trust them and don’t respond immediately, and these folks take that as further proof, not that they didn’t ‘get it’, but that this doesn’t ‘work’...

I tell all candidates who apply to this process of Lifestyle Transformation to be willing to commit to 9-12 months, period. Much of the beginning months are spent in the careful process of switching gears in the brain – beginning new habits, learning new ways of operating, learning self care and to put you first. It’s important to let go and focus on the positive changes happening in the body regardless of the scale. Some folks – the ones who have not wrecked their systems with long-term low calories or dieting or years of exercising without enough or appropriate fuel – will respond with some fat loss even in the fueling stage of those early months. Others – particularly the ones demanding quick results – will not.

A primary reason the ‘quick results now’ folks won’t respond on the scale is the unrealistic expectation of profound physical change without the groundwork of healing – and that stressful expectation is – and this is important – the same thinking that was going on before and IT DIDN’T WORK.

A successful Lifestyle Transformation candidate MUST be able to let go of that ‘I just have to drop 10 lbs NOW’ type thinking. ‘Quick results now’ folks will completely ignore or dismiss all the hard work their body is doing – increased energy levels, more definition in muscles, better sleep, easier breathing, increased strength, lowering or dropping medications, lack of cravings, and so on for that immediate scale response and I am here to tell you that that is a COMPLETE LACK OF SELF RESPECT and a profound disservice to your body. For your body to let go of fat requires a certain level of relaxation around the process – letting go of fat is a process of, yes, LETTING GO, and that must happen in the brain first. The body can’t do it if the head doesn’t do it first. If a person can’t let go in the head, this process is going to be tedious and slow – and decidedly not fun.

Life is a glorious journey. Once you’ve discovered things ain’t so glorious in YOUR life, and you choose to make a change as profound as Lifestyle Transformation, know that your head – your very thinking – is what must be addressed. Your life MUST become all about you. You need to find a way to make it fun, because if it’s not fun, it’s hard to let go and allow the body it’s personal pace. Have the self-respect to allow your body to do the profound physiological change required for lifetime fitness. It WILL do it. Remember, your best thinking got you where you are. It’s highly doubtful that you are in a position of authority to decide the timetable on change!

There are many diets out there to address the short term. If you adhere, they will give you short-term results. Lifestyle Transformation is not a diet. It is a process – one that results in long-term education, awareness, health, fitness, empowerment and satisfaction. One that will teach you to make your life ‘all about me.’