



SELF-WORTH AND WEIGHT LOSS

**Remove Self-Worth
Issues Easily With
The 9-Minute Method
And Start Losing
Weight Like Crazy**

SELF-WORTH 9 MINUTE METHOD

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WHO ELSE WANTS TO DISCOVER THE SECRETS OF HOW TO LOSE WEIGHT WITHOUT EVEN TRYING BY SPENDING ONLY 9 MINUTES A DAY USING THIS SIMPLE METHOD EVEN A 5-YEAR OLD COULD DO!

A GUIDE FOR INNER STRENGTH AND YOUR SUPER SUCCESSFUL WEIGHT LOSS JOURNEY

1. Three things you need to understand about HOW to deal with yourself before you can lose weight
2. Systematic Plan: current + clear goal + the future
3. Goal setting
4. Inner talk
5. Affirmations
6. What is the best and ONLY state during which you should feed messages into your brain!
7. Create lists: Give-list, Success-List, Thank you-list, Self respect list, Self appreciation list
8. Ideal View / Dream Landscape
9. Treasure Map:

1. The three main aspects that determine your success when you want to lose weight.

These are

1. Desire

You really need to want to lose weight. Not just “I would like to”. But it really needs to mean you are ready to step out of the comfort zone. Your goal needs to be crystal clear and you need to be ready to make some sacrifices.

2. Believe

The more you believe that you can really achieve your goal, the more likely it is that you can attain it. Once you really want something and want it bad, it will happen, one way or the other.

3. Inner Acceptance

Sometimes you just might feel “It would be nice to lose weight”. Sometimes we want to achieve something without really wanting to do something. You really need to accept the fact that you want to lose weight and you must convince your conscious mind about your goal too.

You need to write a systematic plan about what you are now, what you are eating and what your future actions will be.

3. Systematic Plan

1. How much do you weight now?
2. What do you eat at breakfast, lunch, dinner, during the day? Start making a journal on what you eat. You MUST include everything you've eaten.

Day 1: Breakfast at [time stamp]: [Food – all the things]

Lunch at [time stamp]

...etc

Day 2: ... etc etc

For a good 10 days you must observe everything you eat. If you keep a small book with you at all times, you can actually immediately write down anything you've eaten.

Once you've made yourself clear on what the current situation is, you can start thinking about what you REALLY want. People don't want to lose weight just because they want to lose weight. People want more than that. They want to impress others and they want people to admire them. Most (90% want it and 10% are lying) people want acceptance.

4. Inner talk

Your inner talk might be one the biggest issues when trying to lose weight. “I can’t do it”, “I’m too lazy”, “I’m too fat to lose weight”, “What will people think of me”... etc.

You have a certain image of a situation and how people will think. Bad experiences are something everyone will face at some point in their life. Some will get caught up in them more than others. When you’re dealing with a painful memory there are two things that affect it:

1. the content of your mental image and the inner talk
2. the characteristics of your mental image and the inner talk

Example:

You’ve had a very bad experience in the past when you were at the beach all by yourself. There was a group of teenagers that laughed at you. They were not viscous, they didn't shout at you, but just laughed at you. You felt embarrassed and ashamed because you couldn't and didn't do anything about it.

This is the part of your brain (the conscious mind). You'll believe your inner talk.

Mental image → Inner talk → The Feeling

If you want to get rid of the inner talk that is bad for you, you must alter your experience.

1. Now think about past situations when you were at a beach and other similar experiences that you've had in the past. They were possibly all negative. Maybe you've even heard of situations where someone was really physically abused just because of their weight.

2.

See every little detail about that situation. What do you see? What do you hear? What do you say to yourself?

Think about all kinds of situations that were even worse and how your situation was not that dramatic compared to things other people may have experienced.

3.

What else could you see in that situation? Act like an attorney who is looking over every detail and looking at the situation from all angles. What other significant information that you've not seen before is coming to your mind right now? What kind of things do you see that change your personal and emotional experience in that situation? Seek differences and similarities to the inner talk you're doing right now and this new talk where you “talk” as an observer.

4. Emphasis on emotional experience. Can you think about the situation now so that you don't get a negative feeling about the situation after you've done the other steps?

5. What happens when you erase some part of the whole experience? What happens when you generalize some of the parts that are negative about the situation? What happens to the experience when you alter the mental image such as making the bullies go really small and you being the big person (10x bigger than they are) in the situation or other similar things. How you could interpret the situation from another perspective etc
6. Create new inner talk about your qualities, your features and what you can do and anything that is possible and what else could have happened... What if was all just coincidence? What if they weren't laughing at you but at something else?

7. Build an emotion altering chain

Get all the comments, mental images and inner comments that neutralize the negative experience and build a new strategic chain

Repeat this new chain 4 – 5 times in your mind

You can build these chains in every bad situation that you need to alter to feel good about a past situation.

5. Affirmations

What is an affirmation? It's method to give you a message about something that has already happened. With different methods, those messages will sink deep into your conscious mind and makes them effective.

Example:

"I am thin and looking great and everyone is admiring me more than ever before"

You can alter your mood, change your way of thinking. The possibilities are endless!

It's a powerful tool to make you something more than you currently are. If you write and say it out-loud, it's also more effective than just writing it down in silence.

A powerful way of doing affirmation is by writing them by hand on a blank paper over and over again. At least 20 times in a row, repeating just one sentence you chose. Say the affirmation out loud-

You can say things out loud

You can write things down on a paper (where you see what you've written)

You can get a friend to say different things to you. "You are a lovely person, [name]"

You can record the affirmations with a voice recorder and listen to them over and over again.

6. What is the best and the ONLY state you should feed the messages into your brain?!

It's the alpha state where you can feed messages to your brain easily so that they are taking that information and not rejecting it. In your everyday life you're accustomed to see thousands of different advertising messages that your brain does not register on a deep level. It sorts out most of the advertising that is not important. That's why if you try to feed some message so that it has some effect it would not work, because your conscious mind is not in a receptive mode.

What you need to do is to relax in a chair and a place where no one will distract you at all. No one should distract you when you're in this state. Shut down your mobile phone, close the door and shut the computer down. Anything to get that private moment you need.

You need to have at least 1 minute to calm down, around 3 minutes to sink deeply in to the relaxed state (this depends on YOU and how you do this. If you're fast at it, it could be quicker). And another 5 minutes for a message that you want to feed to your inner mind (best way is to listen to an audio message because you should not do too many physical activities in a relaxed state).

Sit relaxed in a chair where you can sit still comfortably for at least 9 minutes.

Close your eyes and take 3 really deep breaths with each inhale-exhale taking 12 seconds at least. 4 sec when you inhale, 4 sec when you hold your breath and 4 sec when you exhale.

This short set of breathing will get you fast into the right breathing technique. After these 3 you need to breathe normally in a slow, relaxed phase.

You will concentrate on your breathing and feel how calm every breath you are taking is making you feel. Breathe calmly until you start feeling your feet lightly tingling. This is the sign that you're starting to get into the alpha state. Your mouth might tingle a little too but that's normal.

When you are in the relaxed state, you can start the mediation exercise.

Before you go into the state, you should keep the device close to you before you begin. If you start searching and get the device ready, you ruin the relaxed state and it will not be as effective as it should be.

7. Create lists: Success-list, Thank you-list, Self-respect list, Self appreciation list

Make different lists, because this will make your thoughts clearer about what you want in your life.

Success-List: Make a list of the future success you want to experience. It can be good or small, but make it something you want to achieve. Keep a list of what things you can do in your life and spread your energy to your environment.

Thank you list: Create a list of all the things you are grateful for in your life. For some people it seems difficult to create these lists, because they take everything for granted, such as health. Be grateful that you are healthy.

Self-respect list: List the things you like about yourself. The more you can get along with yourself, the more it reflects your environment and the more you can give value to your actions and make

you happier.

Self Appreciation list: Make a list of things that make you feel good about yourself and for your own fun. It doesn't matter how big or small they are, but you need to make them about you. Think about things that you love to do or things you want. You can have it because you deserve it. You should not feel guilty of something good that you want. We all deserve good things in our lives.

8. Ideal View / Day / Situation

This is a view that you desire in your life. What are the most important goals you want to achieve in your life? What if you could achieve them just by writing down the ideal view of your life in the most precise manner you can think of. The more detailed you are, the sooner you will reach that goal.

You should write in present tense because this way, you imprint the message into your brain. In addition, write by hand because it has the strongest effect on your brain / conscious mind.

So write down your ideal day, view or situation that is important to you. You should not stress about it too much in the beginning. Just start writing. You can add more things to it later when you want to be detailed.

9. Treasure Map:

Your life is extremely valuable. You should make your treasure map right away. It helps to align your thoughts the way you want your life to be. Your treasure map is not a one-size fits all type of map, but it can be anything you like. You can paint it, you can draw it, and it can be a collage or anything that is “you”. People are very visual and it's faster to read a picture than read 1000 words.

Why would you want to make treasure map?

In 3 seconds you can look at a picture and understand 1000 things about it, but how much can you read in 3 seconds. So whenever you look at your map, you can rebuild the feeling of when you were creating it quickly and go back to the feeling you've had when you were creating the treasure map

1. You should make different maps on different aspects of your life. One relationships, one for career goals, one for physical shape etc
2. Any size is good.
3. Draw yourself into the map, because connects you to the situation visually
4. Ideal situation and perfect as you wish it to be
5. Use lots of colors
6. Some sign that symbolizes that everything is possible and that nothing should hold you back
7. Add affirmation “Here I am climbing the Himalayan mountains”

FINAL WORDS

Now that you've got the total package for handling your inner self and becoming a beautiful and strong person, you should use these materials and not let this content collect dust on your hard drive.

Use the quick start guide to get a great start and make it your habit and invest 10 minutes of your daily time to build your inner talk.

If your inner talk is intact, you will see a dramatic change in the quality of your life.