



**5 Simple Steps To Weight Loss That Have NOTHING To Do With Dieting!**

**Sonia Devine**

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From [www.loveyourselfslim.com.au](http://www.loveyourselfslim.com.au)

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## **Introduction**

**How to Lose Weight the Right Way**



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**Introduction: How to Lose Weight the *RIGHT* WAY**

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Hello and welcome. Since you have downloaded this e-book, you are obviously looking for a smarter way to lose weight. Specifically, a way that will allow you to maintain your results long-term. Most people who want to lose weight go on a diet. Some even manage to lose the weight for a short period of time; until the novelty wears off, and they drop the ball. After that, they put all the weight back on and sometimes end up heavier than they were in the first place. What an absolute drag. It is madness and it is simply not necessary!

Every day we see new 'miracle diets' on the market that promise to melt away fat with seemingly little or no effort. How many times have you been sucked into the false hope that these diets offer? Over and over again I see people wasting their time and money on the latest 'sure thing'. It doesn't work, and it never will. Why do we insist on doing the same thing over and over again, expecting a different result?

Every physical problem has a symptom and a cause. If you pay attention only to the symptom, it is like using a bandaid to heal a gaping wound that needs stitches. There is no point treating the symptom without addressing the cause; and the cause of your weight problem is locked deep within your subconscious mind. The good news is: ***I have the key!*** In this e-book I will share with you my top 5 secrets to weight loss that will help you to achieve long term results.



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These 5 simple and effective strategies will help you to become aware of the roots of your weight loss blocks, and with that awareness you will be able to use the tools and techniques I provide to break through your personal barriers to achieving sustainable weight management.

I recommend that you print a hard copy of this e-book so that you can read it in a comfortable place and take notes if you need to. You'll find it much easier to read a hard copy of the book rather than scrolling through the pages on a computer screen.

I also recommend you keep this book open on your computer at the same time so that you can easily access the resources I have included along the way. Simply click on the link as it appears and it will take you to the information I am directing you to.

***Happy reading!***



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## Turning It Around

Does this sound like you?

- *You continually crave "bad foods";*
- *You lose a whole heap of weight but put it all back on again after a few months;*
- *You eat when you're not hungry;*
- *You eat when you're stressed, bored or lonely;*
- *If you make one slip up, you punish yourself by binge-eating*

If you know what you should be doing but are still unable to control your eating, or if you are unable to get motivated to enjoy regular exercise, there are a number of positive steps you can take to change your mindset.

The first step to [permanent weight loss](#) is to recognise that diets don't work. Sustained weight loss starts with your mind. When your mind and body are in harmony, the rest will follow naturally and easily. You will feel more energised. You'll feel great about yourself, and most importantly, you will recognise yourself as a valid, lovable human being who deserves to have a slim, healthy, attractive body. Okay....you've heard the talk. **Now how do you walk the walk?**



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**Knowing what you *SHOULD* be doing is not enough!**

Maybe you have tried to lose weight before many times and failed. I have worked for many years helping my clients to achieve their weight loss goals, and in my experience treating an average of one thousand clients per year, I discovered some common attributes:

For many people, being overweight is a symptom of [low self esteem](#), not the cause. Overeating and lack of motivation to exercise are indications of deeper subconscious blocks, and many people use food in the same way an alcoholic uses drinking. So where does it all come from?

I believe the main problem lies in the fact that when we are growing up, we are simply not taught how to like ourselves. Instead, we are taught to be hard on ourselves, as if that is going to be our major source of motivation. This is nobody's fault – just a sign of the times. Our parents, grandparents and great grandparents have simply passed onto us whatever they were taught. *They didn't know any better.*

We all know how it feels to be criticised. It usually serves no other purpose than to exacerbate our feelings of worthlessness. The good news is you don't have to subscribe to this type of madness any longer. There are very real and constructive steps you can take to regain your power and start living consciously. So if you're ready, *we'll begin the discovery of change.....*



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## **STEP #1:**

### **Release Your Past**



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**STEP One: Release your past**

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There are many situations and circumstances that contribute to your inability to release excess weight. The way in which you have dealt with your past emotional baggage has a great impact on the way you view and consume food. You may turn to food to feel comforted and loved, or to forget about people or situations that have caused you to feel hurt or angry in the past. I have a definition for this: it is called 'stuffing down' emotions.

Whose stuff are you stuffing down? Did your parents put you down? Maybe you spent several years in a toxic relationship. Is there anybody in your life (past or present) who causes you to feel angry, hurt, betrayed or upset when you think of them?

Almost everybody has something to let go of; be it a hurtful situation, destructive relationship or negative family upbringing. Don't underestimate the impact your past baggage has on you right now! The hurt associated with the memories and circumstances that are taking up valuable energy which could otherwise be used for cultivating positive life changes.

On the surface that negative energy may manifest itself in emotional eating, picking at food, and a feeling of 'what's the point' or I just can't be bothered'. Once you release the enormous negative energy required to hold onto your past emotional baggage, you will feel free to move forward and heal; most importantly, you will be able to summon the energy required to make positive lifestyle changes that are consistent with good health and longevity.



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Now I'm not suggesting for one minute that you forget all about the way other people have treated you, or even that you absolve them of responsibility for their actions. What I am saying is that when your life isn't working because of someone else's behaviour or actions, they win! Every experience teaches us something about valuable life. You have a choice. You can choose to remain a victim, **or** you can take a stand and choose to keep the lessons but let go of the stuff that is dragging you down.

***A Guided Meditation for Releasing Past Hurts***

Here is a guided journey I use with my clients to help them to release negative energy associated with past hurts and resentments:

To begin, go within and get quiet. Close your eyes and concentrate on your breathing. Take a deep breath in, and on your out breath, release any energy you do not want. This energy may be in the form of thoughts, feelings or anything else. Continue to breathe deeply and as you breathe each breath out, find yourself relaxing even more.

Imagine that you're standing on a beautiful secluded beach with crystal clear blue water and soft white sand. In your imagination, feel the warmth of the sun shining down on you – the soft sea breeze and the gentle lulling of the waves. Immerse yourself in the sounds and sights of your special place. Walk down to the shore now. You feel so peaceful here...so safe and secure. This is your special place.....a place where you can just let all the cares and worries go and be yourself.



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Up ahead on the dry sand, you notice a magnificent beach house. When you're ready, walk up towards that house. Step up onto the dry sand and up the steps of your beach house. Now walk up onto the deck and you'll see a sliding door that goes into the house. Just inside the door on the floor you'll see there's a large box. On that box there's a secure lock. You have the key to that box, so in your imagination open it up now. As you do this, you discover that it's empty.....and you're really curious about the purpose of this box in front of you.

Now think about a person who has hurt you in the past (or the present). Begin to bring into your awareness all of those negative feelings, thoughts and sensations that are connected to that person or situation. You might be feeling anger, guilt, betrayal, sadness or loss.....or maybe there are some feelings of inadequacy, jealousy or fear.....your subconscious mind knows exactly what they are and it is helping you to identify these negative thoughts and emotions right now.....as you recognize this negative energy, begin to symbolically put that energy into this box.

Now identify any beliefs that you have developed as a result of this experience that are stopping you from moving forward in your life – perhaps beliefs that you're not good enough, you're not lovable, or that you are somehow inadequate or undeserving in any way. Perhaps you have lost faith in humanity....or in yourself.....whatever those beliefs are, put them all into this box now. Maybe you can bring into your awareness some self-sabotaging behaviour that you have developed as a result of this person or experience.....if so, release these behaviours into your box too....you don't want them.....you don't need them....you're ready to let them go.



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When your box is full, lock it with your key, and drag it out from inside the house outside on the deck. Now sit down in the deck chair that looks out over the beach. As you look up the beach in the opposite direction you can see way off in the distance, a tiny figure....a person is walking up the shore on the beach....that person is coming closer and closer, and soon you can see the footprints of that person in the wet sand stretching way down the shore in the opposite direction from where you came. As that person comes closer and closer to your beach house you recognise who it is...

Standing in the wet sand now, looking over at you now, is that person. Watch this person come up the steps of your beach house and onto the deck. And invite them to sit down. Your visitor is now sitting opposite you ready to listen to everything that you have to say. So now it's your turn to say all of the things you need to say.

Explain to this person that this box contains negative energy from the past that is affecting you here and now, and that you are no longer willing to carry it. Explain that he or she must take this box away – as it contains feelings, thoughts, beliefs and self-sabotaging behaviours that don't belong to you....that never belonged to you. You have a choice – you can either insist that your visitor takes this box away, or if you feel like it, you may decide to help them carry it down to the sea and drop it into the sea together..... make that choice now.....it doesn't matter what you choose to do, the most important thing is that you are now getting rid of this box for good.

And now, make sure you say anything else you need to say to this person in your own time in your own way....and when you have finished saying what you need to say, bid your visitor farewell. You watch this person as they walk back down the dry sand onto the wet sand ...if you have decided to help your visitor drop that box into the sea, then do so now....otherwise watch that person carry the box away.



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Now watch this person walking back along the shore in the same direction as they came.....you watch their image getting smaller and smaller as they walk down the beach, .....moving further and further away....and the further away they move the lighter you feel, as you realize you are finally giving back all of that negative energy....negative thoughts, feelings, beliefs and self-sabotaging behaviours that didn't belong to you in the first place.....until finally your image of this person is so small that you can hardly see them at all...and now they are gone. And the box is gone. And gone with it are all the negative thought, feelings, beliefs and behaviours.

Now a big wave crashes in from the ocean and washes away all of your visitor's footsteps.....and shoreline is smooth once again.



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## **STEP #2:**

### **Resolve Your Present Circumstances**



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## **STEP Two: Resolve Your Present Circumstances**

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What is going on in your life? Do you get enough sleep? Do you work more than 40 hours per week? The way in which you live your life right now has a great impact on your [eating and exercise habits](#), and of course on your ability to maintain a healthy weight.

Happiness studies show that we must have an equal balance between work (purpose), relationships and health. If either one of these elements is being given a greater priority than the others the other two can suffer dramatically. When I am working with my clients, I gather the following information:

- *What is the state of the client's significant relationship?*
- *Are there any other relationships that cause the client angst or anger?*
- *How many hours per week does the client work?*
- *Does the client ever spend time alone or doing things that nurture herself?*
- *Does the client find it hard to say 'no' to others?*

All of these questions are paramount in firstly establishing the reasons why you have been unsuccessful in [managing your weight](#) in the past, and more significantly, what is stopping you from succeeding right now.



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***How Your Relationships Affect Your Weight***

Some people believe that a person can be hypnotised to 'switch off' the cravings for 'bad foods'. Sometimes they can, especially if the person is emotionally stable and happy with their lives. But this is not the case with everybody.

That is why I never proclaim to be able to 'fix' a person in one session. You see, we are all complex individuals, and in my experience there are many personal and emotional reasons that come into play when a person is not doing what they need to do. Are you ready to [change your behaviour](#)? Do you feel you have the inner resources to make this change?

Whether you want to lose weight, quit smoking or stop drinking, you need to examine what is going on in your own life that contributes to the stress you are experiencing, because the level of stress in your life is a major player in the equation. I always begin by examining my clients' significant relationships; simply because these take up a lot of our time and effort; so it makes perfect sense that when these aren't working, many other elements of our lives stop working for us too.

For example, maybe you are married to a person who is [emotionally abusive](#) towards you. If you are, then don't underestimate how much energy it takes to be around such a person 24/7. This was happening to my client 'Linda'. She had gained several kilos over the last 10 years, and couldn't seem to shake them. She had tried everything possible, but to no avail. When we talked about her marriage, we discovered that 'Linda' was experiencing major power struggles with her husband. Every ounce of her energy was taken up engaging in power struggles with her partner.



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Of course, what this translates to in terms of weight loss is ‘I just cannot be bothered’. The energy it consumes to maintain and exist in a [toxic relationship](#) is enormous, and because of this, there is no energy left for the pursuit of good health. ‘Linda’ felt emotionally battered, and overeating was her way of softening the blow.

How do you get along with the people you spend most of your time with? Is there conflict, anger or fear? Losing weight can be difficult when you are surrounded by negativity – especially if there is somebody in your life who criticises your weight. Scratch below the surface. Get to know yourself and understand what causes you grief. When you find out, then you will know what you need to change. For ‘Linda’ it was the ability to [assert herself](#) during conflict and recognize that she is a valid human being who deserves health and happiness. ***What is it for you?***

Whether you are overeating, drinking too much or simply not making the effort to exercise, there is usually a reason and it is NOT because you are lazy. Clean up your relationships. Get rid of the dead wood and take stock of those in your life. If you feel unable to leave a relationship for whatever reason, work on the way you respond to the other person’s behaviour. Remember: *we teach other people how to treat us.*

Who adds value to your life? Who does not? As you discover this you will be able to make profound positive changes in your life which will in turn enable you to look after yourself on every level. You are a valid human being with as much right to happiness as anybody else. ***Which brings me to my next point.....;***



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***You DO Matter***

There is one characteristic that seems to be a common denominator amongst my clients. Firstly, let me say that not all of my clients are female, but the majority of my clients are women between the ages of 25 and 55. Typically, these women are major multi-taskers; they are mums, sisters, best friends, lovers and caregivers. And I emphasise the last word in that sentence: **CAREGIVERS.**

Women who come to see me are often so used to caring for other people that they have forgotten how to take care of themselves. Moreover, they are completely oblivious to this fact. They wonder why they can't lose weight, and yet they really have no idea how to nurture themselves. Their subconscious programming has fortified their core belief systems based on self-sacrifice, martyrdom and obligation to the needs of others. Here are some common self-destructive beliefs that come up:

- *I don't have time to exercise;*
- *I don't have time to prepare healthy meals;*
- *I don't have time to listen to your CDs;*



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**Oh dear.** Why is it that we don't have time, you ask??? Because every ounce of energy goes into looking after other people; saying 'yes' when we really need to say 'no'; taking responsibility for other people's wellbeing, behaviour and everything else in between. When I challenge my clients to re-assess these core beliefs, they say *'But I don't deserve to take time for myself; other people will call me selfish'*. Is this ringing a little bell with you? If so, I'd like to ask you one simple question:

***If YOU don't deserve to be healthy and happy, then who does?***

**Seriously.** Do you believe that by looking after yourself you are somehow robbing another person of their happiness? Who on Earth made the rule that your happiness and health should come last? I want to let you in on a little secret: *In order to take care of others, you must first take care of yourself.* Who do you think is going to benefit when you lose weight, become fitter, healthier and happier? Only you? Oh no. Everyone around you will benefit from your renewed energy, confidence and zest for life.

So if you don't have time to lose weight, become fit and healthy and experience the happiness that I know you deserve, then here is my advice to you: **Make time.** Make time for you, and the rest will follow easily and naturally.



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***Eating to Please Other People***

Many people believe that their needs are irrelevant compared to the needs of others, specifically their loved ones. This can translate to a whole lot of trouble if you're trying to maintain a healthy weight. Let's say you're doing really well: You're losing weight slowly and steadily, and you're proud that you have been able to stick to your weight loss program. And then along comes the *Food Bully*.

She might be your sister, she might be your mother-in-law....she may even be your best friend. She's an expert in pushing the guilt trip buttons. She probably doesn't even consciously know that her behaviour is aggressive, because she believes with all her heart that when you reject her offer of food, you reject her...and that makes her very angry.

***Here are some common examples of Food-Bully tantrums:***

- *'What do you mean you're not hungry???';*
- *'After ALL the work I put in!!';*
- *'I bought it just for you....the least you can do is eat it';*
- *'Go ahead and eat it....would it KILL you to show some appreciation??';*



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Food is a very emotional subject. Many people equate food with love, and they feel rejected personally by you if you decline their offer of a home cooked meal or a special treat that has been prepared with a labour of love. And if you are a person who has a problem saying 'no' to people then this equates to big trouble with a capital 'T'.

Learning to say no is a very important part of any [good weight loss program](#), and really good for your relationships in general. Now, I'm not asking you to be selfish or rude; there are many reasonable ways to say no and it's okay to decline an offer of food if you have already eaten or if you are not hungry. You do not have to explain yourself or make excuses. If the people in your life truly care about you, then they will respect your wishes. If not....well, maybe it's time to re-evaluate your relationships.

You are not responsible for other people's reactions. Let go of the need to please everybody and you will lose weight easily and effortlessly.

***Non-Hungry Eating***

Some clients come to me complaining that they are hungry all the time - that no matter how much they eat, they still don't feel full. Therefore, they find weight loss to be a real struggle. If there is no physiological reason for your persistent feelings of hunger, then it's more than likely that the problem is buried somewhere in your mind.

In my experience there are two reasons why people experience excessive hunger. One of them is a need to fill an emotional hole, or a stuffing down of emotions with food. But what if it's not emotional for you? Once again the answer is in your mind; you have been conditioned to constantly feel hungry.



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Think back to your childhood: were you told that you must eat everything on your plate? Were you conditioned to eat even when you were not hungry? Over time we tend to become governed by accepted eating times (EG: 'lunch time') rather than really listening to our bodies and working out if we do in fact need to eat.

I have a colleague who told me that many years ago he developed the habit of going to the cafeteria at precisely 11AM each day for a jam donut and a coffee. Soon he discovered that he was carrying extra weight that he did not need...so he decided to cut out the morning donut. At first, each day at precisely 11AM he felt hungry. His mind had become used to the concept of being fed at that time, so it was sending him false signals. But as time went by, that hunger gradually dissipated until one day he discovered that he no longer needed that donut.

Are you conditioned to eat even when you don't need to? If so this may just be a habit. On average it takes about 21 days to develop a habit - and therefore 21 days to break that habit. You can speed up the process even further with [hypnotherapy](#)! So ask yourself the question: do I really need that donut?



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***To Wrap it Up...***

Do we feel happier when we are fit, healthy and slim, or do we become fit, healthy and slim as a result of happiness? The fact is that when we are happier, we have much more energy. When we have more energy we feel like doing more stuff. The stuff that we do often ends up burning more calories and distracting our thoughts from boredom and overeating.

To be truly happy you must find pleasure in the things that you do right now, as well as purpose and meaning in the things that you are doing now and for the future. Does your life have purpose and meaning? As you cultivate pleasure and a sense of purpose and meaning into your life, you will find it easier and easier to maintain a healthy weight. My conclusion? Happiness and weight management go hand in hand.

  
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## **STEP #3:**

### **Remove Your Limiting Beliefs**

  
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## **STEP Three: Remove Your Limiting Beliefs**

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The first thing I do when I sit down with a new weight loss client is to explain the importance of our subconscious [belief systems](#). Whatever you believe to be true about yourself or the world around you comes to pass. Your subconscious mind has no way of knowing which of your beliefs are serving you well and which are not. It simply gives you what it thinks you have asked for.

Do you believe you can lose weight? If not, then why not? What would you have to believe to be true to have created your current circumstances? Here are two statements that are equally true: Firstly, our human beings behaviours are determined by their belief systems. Secondly, human beings are free to choose their behaviour.

How and why do these statements reconcile? Well, firstly, yes – we live our lives according to our beliefs. However, we also have the capacity to bring into our awareness those beliefs that are not working for us. Once we have done this, we can consciously [choose to let go of them](#).



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So if you are wondering where to start, here are the 5 most common blocks to permanent weight loss:

### **1. I Never Finish What I Start**

Are you a procrastinator? Maybe you have lost weight many times in your life, but just as you're about to reach your goal weight, you drop the ball and put all of the weight back on again! Does it feel like you have no control over this behaviour? You do. But the first step is recognising that your behaviour may be due to your subconscious programming.

### **2. I Am an 'All or Nothing' Person**

Do you believe that if you eat one Tim Tam/Oreo/Chocolate button that it naturally follows that you will (and must) finish off the packet? This is a common and insidious block to weight management, which I address during weight loss hypnotherapy. It is a belief that is often developed at a very young age.

Personally, I come from a large family. During my childhood, rich foods such as chocolate, cakes and lollies were a rare commodity – we simply could not afford these luxuries on a regular basis. So on the rare occasion that we did have these goodies, it was 'every man for himself' – you had to get in quick and eat as much as you could before someone else did. This is my story. What's yours?



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**3. I Am Lazy**

You join the gym. You're really dedicated. You attend a minimum of 3 times a week, sweating it out and pumping iron. You're doing really well....your clothes are even starting to feel a little looser, and then – BANG! You give up. Just like that. Why do you do this? Maybe that little subconscious 'prompter' has a word in your ear.

Can you hear it? I can. It says 'But remember....you're LAZY!!'. But are you truly lazy, or is that simply what you tell yourself? Did somebody else tell you that you were lazy when you were younger? Everything that you say to yourself or about yourself (both positive and negative) re-affirms and strengthens your existing beliefs. So if you want to lose weight and keep it off, watch what you say to yourself!

**4. I Am Weak-Willed**

If I had a dollar for every client who told me they have 'no willpower', I would be a very wealthy woman. The truth of the matter is that we all have free will: we all have a choice. So when you say 'I am weak willed', what you are really saying is 'I don't believe I have a choice'. But you do. Everyone does.



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**5. I Don't Have Time**

Many of my clients are intelligent, caring women who are mothers, wives and employees all rolled into one. Sometimes when I hand over my CD and inform my client that as part of the work we do together, she must take 25 minutes 3 days a week to find a quiet space where she will not be disturbed and participate in the meditation, I see a furrowed brow: 'what do you mean? I don't have time to do that....!' She says. Is this you? Do you truly believe that you don't have time to look after your own physical health?

If so, you must re-assess your priorities. Think about it this way: If you can't look after yourself, then how on earth can you look after other people? My suggestion? Make time. Make time for you and the rest will follow.



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**EXERCISE**

In order to release your beliefs, you must first know what they are. So how do you find out what yours are? I recommend that you take some time to sit down in a quiet place where you will not be disturbed. Take a piece of paper and on the top write down:

***“I Can’t Lose this weight because....”***

Now list all of the reasons that come up for you. As you bring these erroneous beliefs into conscious awareness, you will be able to see that they are irrational and not based on proof. Learning to challenge your existing beliefs is an important step in overcoming your blocks to weight loss. As you reveal these beliefs, you can take steps to create new beliefs that are congruent with whom you want to be.



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**Common Beliefs**

I never finish what I start;

I am an 'all or nothing person';

I am lazy;

I am weak-willed;

It's all too hard;

Food comforts me;

Food is a substitute for love;

I have always been big (therefore I will always BE big);

Being overweight runs in my family;

I don't deserve to have a slim, healthy, attractive body;

If it is free I have to eat it;

I eat to please other people



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**How to Change Your Beliefs**

There are a couple of techniques I recommend to help you release your old beliefs. The fastest and most effective way is with [hypnotherapy](#). But there are some other things you can do too. Positive affirmations are a wonderful tool, as well as creative visualisation. I'll get to that later, but for now, here are some positive affirmations you can use:

- *I listen to my body and eat only what it needs;*
- *I easily reach and maintain my ideal weight;*
- *I am in control of my health and wellbeing;*
- *I love and care for my body;*
- *My mind is calm and at peace;*
- *I love and respect my body;*
- *I love to exercise regularly*
- *Everything I eat contributes to my health and wellbeing;*
- *I think about myself the way I want to look;*
- *I make healthy choices*
- *I have positive thoughts about my body*



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## **STEP #4:**

### **Rise Above Your Pay-Offs**



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## **STEP Four: Rise Above Your Pay-Offs**

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Most people know [how to lose weight](#); that is, they understand at a cognitive level that in order to lose weight they must reduce the amount of energy they intake by controlling portion sizes, exercising regularly and choosing healthy meal options. So if most people know how to lose weight, then *why as a nation are we getting fatter?*

If you are holding onto excess weight, there is usually a very good reason and it is because your [subconscious mind](#) is trying to protect or assist you in some way. Whenever we are not doing what we consciously want to do (such as eating healthy foods and exercising regularly), it is because the subconscious pay-off for staying the way we are is greater than the subconscious pay-off for changing.

One of the most common [pay-offs](#) is protection. Here are some of the most common reasons why we hide behind weight:

- *To avoid having to find a partner and risk getting hurt;*
- *To avoid the sexual advances of the opposite sex (or potential sexual partners);*
- *To avoid having to change*



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These are just a few reasons why people resist doing the very things they know will help them to lose weight and keep it off. What exactly is it that we need protection from? Many of my clients have been victims of sexual abuse at some point in their lives.

Childhood sexual abuse is more common than you might think. If you were a victim of abuse at any stage in your life, consider how this may be affecting your weight. Perhaps there is a part of you that believes if you have an attractive body you will risk being violated again.

If you have had bad experiences with romantic relationships in the past, there may be a part of you that is protecting you from being hurt again. If you make yourself invisible to the opposite sex (or potential sexual partners) by being overweight, then you will never have to take that risk. On one level, it makes perfect sense doesn't it? Except that there are so many more powerful and positive ways to protect yourself than with your weight.



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**EXERCISE**

As with your beliefs, in order to transcend your pay-offs, you must first know what they are. Once again I recommend that you take some time to sit down in a quiet place where you will not be disturbed. Take a piece of paper and on the top write down:

***“If I lost weight....”***

Now list all of the negative things that come up for you. You must be as honest with yourself as you can here. Remember, the first step to inner change is self-awareness. You may be surprised at what comes up for you.

**Common Pay-Offs**

**I might leave my partner;**

Many clients are in destructive and toxic relationships, where they feel trapped and disempowered. On a deeper level, you may be afraid that if you become more attractive to the opposite sex (or potential sexual partners), you may be tempted to end your relationship. This can signify a division of loyalties (children, friends, etc...), financial hardship and the prospect of having to do it alone after years of being part of a couple....*and that is very scary!*



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**I might have an affair;**

As in the above example, you may be afraid that if you become more attractive to the opposite sex (or potential sexual partners), you may be tempted to sabotage your relationship by cheating.

**Men / women would start to pay me attention and I'm not comfortable with that;**

Are you comfortable with sexual attention from the opposite sex (or potential sexual partners)? Or do you hate to be the centre of attention? If so, losing weight and becoming 'visible' may pose a problem.

**I might have to look for a partner and I'm afraid of rejection, or being hurt again;**

This applies to singles. Have you been badly emotionally damaged from a previous romantic relationship (s)? Have you been rejected in the past?

**I might have to go out and meet people;**

You may say to yourself 'when I lose weight I will become more social'. [Holding onto the weight](#) may serve to shield you from the fear associated with moving out of your comfort zone and meeting new people.



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**I might have to have / enjoy sex;**

Whether you are single or attached, you may have an aversion to sexual contact. This might be a protection mechanism to cope with an earlier trauma (EG: rape, sexual abuse), or it could be that your relationship is so damaged that you are too angry with your partner to have sex. Perhaps your partner has criticised your weight and given you the message that you are unattractive’.

**I might have to change areas of my life that aren’t working;**

Are you afraid of change? You may say ‘when I lose weight I will do all the things that I can’t do because I am overweight’. Holding onto the weight may serve to shield you from the fear associated with attempting to reach your future goals. Fear of failure, rejection and even fear of success are major factors.

**It will make all those people who have criticized my weight right;**

Is there a person in your life who continually criticises your weight? Holding onto the excess weight might be a way of ‘thumbing the nose up’ at those who have put us down. Perhaps your partner would like you to be slimmer. His comments about your weight and eating habits may genuinely be intended to help you; however this criticism is often translated by you as conditional love. So there is a sense of *‘If I lose the weight then that will make HIM right, and I don’t want that’*.



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**It might change the dynamics of my relationship;**

Will your partner become jealous of the attention you receive from members of the opposite sex as you become more attractive and confident? Perhaps your partner (or even a close friend) is also overweight and will it serve to remind him/her his/her own shortcomings, therefore causing tension, jealousy, envy and bitterness.

**I can't do what I want when I want;**

***This is a biggie folks!*** Many of you lament that in every other area of your life, good things have just fallen into your lap without you having to make any effort at all. Do you feel cheated that your weight is the only thing in your life you cannot control?

**I will have to take responsibility;**

This is really common in eldest and youngest children. Those who are the eldest may have grown up having to be the 'good girl' always having to take responsibility and do the right thing. Alternately, you may have grown up having things done for you, and never having had to struggle or work for something. There might be a sense of 'I'm not playing' happening here. Those who have taken on too much responsibility may feel that refusing to eat well and exercise is the only way they can take a stand.



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***How to Rise Above your Pay-Offs***

Just like with your beliefs, you can work with your subconscious mind to transcend your pay-offs. Once again, the fastest and most effective way is with [hypnotherapy](#). You can also use positive affirmations and creative visualization. Ready to learn about visualization? **Okay; let's go....**



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**STEP #5:**

**Visualize**



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**STEP Five: Visualize**

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Creative visualisation is just about the best way you can change your present circumstance. When you give your subconscious mind a picture, it automatically sets about to [create this as your reality](#).

***Visualisation Exercise For Weight Loss (including releasing old beliefs)***

Here is a guided journey I use with my clients to help them create a picture of themselves at their ideal weight:

To begin, go within and get quiet. Close your eyes and concentrate on your breathing. Take a deep breath in, and on your out breath, release any energy you do not want. This energy may be in the form of thoughts, feelings or anything else. Continue to breathe deeply and with every breath you take, find yourself relaxing even more.

Imagine that you're standing on a beautiful secluded beach with crystal clear blue water and soft white sand. In your imagination, feel the warmth of the sun shining down on you – the soft sea breeze and the gentle lulling of the waves. Immerse yourself in the sounds and sights of your special place. After a while, you decide to take a walk on the dry sand.



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Up ahead you notice a beautiful little cave. As you enter the cave, you see that it is lit up with the most beautiful colours, and in the middle of that cave there is a large, flowing rock pool. As you approach that rock pool, you become aware that you are carrying a bag over your shoulder. This is a very heavy bag and one that you have been carrying for a long time. In this bag are all the beliefs that have up until now, stopped you from reaching and maintaining your idea weight. *Such as:*

***(think of all YOUR specific beliefs now).***

As you do this, feel a wonderful freedom and lightness flowing all through you. As you are gazing into that rock pool, you are surprised and amazed to find that the reflection staring back at you IS the reflection of you at your desired weight. You are absolutely mesmerised by this beautiful image staring back at you. And as you are gazing at that image, a mist arises from that rock pool and completely engulfs you....and when that mist clears, you look down at your clothes and they are very loose....to large for you, in fact.

You realise with absolute delight that you ARE your ideal weight! You can't wait to find some clothes that fit you. Instinctively you search all around that cave until you find an opening that leads into a large and beautiful room. You enter this room and see before you, rows and rows of beautiful clothes in all manner of colours and styles....there are formal outfits and casual outfits....and to go with each of these outfits are rows and rows of the most exquisite shoes and accessories you have ever seen in your life.....all in your ideal size.....the size you want to be!

Now choose your favourite outfit and dress yourself up from head to toe. Feel how wonderful the fabric feels against the skin of your beautiful, strong, slim body. It fits you perfectly! Over in the corner there is a full length three-panelled mirror. I want you to go over to this mirror and have a good look at



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yourself.... admire your reflection from all angles....see how fabulous you look – your eyes are sparkling, your skin is toned and bright and you are so proud of yourself for having reached your goal.... You have literally loved yourself slim! You always knew you could do it deep down...and you feel so good.

On the wall you notice a button. You press that button and a tiny flash goes off....takes a photo of you in your favourite outfit. It produces a passport size image of you. Take this picture and keep it with you now. Congratulations. This picture is a blueprint in your subconscious mind and it is an irrefutable fact that when you give your subconscious mind a picture, it sets about to create that picture as your reality. So now that you have that image set into your mind, you can be very happy in the knowledge that no matter where you are or what you are doing, you will always remain aligned with your goals.



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## **Need More Help?**

As you're finishing this e-book, you now know pretty much everything you need to know in order to lose weight effectively. It all starts with your subconscious mind. You know that unless you have dealt with it subconsciously, your past baggage has a great impact on your present circumstances.

You are also aware of your own specific beliefs and pay-offs, and you know what to do in order to remove them. And lastly, you have an image in your mind of yourself at your ideal weight to inform and inspire you in conscious awareness.

Was this e-book helpful? I hope so!

### ***Got questions?***

I'd be happy to answer whatever questions you might have. Every day people contact me asking wonderful questions that I enjoy answering, so please don't hesitate to get in touch if you need anything.

If you have any questions or comments about the information in this book, I'd love to hear from you! Drop me a line [here](#) and I'll get back to you right away.



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***Have a Great Day!***



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