

# Mastering *The Mindset of* Weight Loss



# MASTERING THE MINDSET OF WEIGHT LOSS

It's all too easy to drift mindlessly through the day. Between external pressures and constant distractions, many of us never pause to reconsider how we spend our time. But even if living intentionally doesn't come naturally to you, it's well worth the effort to make it a habit. Here's why. Living intentionally means consciously deciding what to do with your time. It's easy to get trapped in a constant cycle of reacting to outside events, but living this way can leave you feeling frustrated, unfulfilled, and unproductive. Living intentionally lets you take back control over your time and attention.

It's not easy to stay productive when you're feeling distracted, harried, or anxious. But when you practice living with intention, your focus stays intact, no matter how busy you are. Choosing what to do with each hour helps you feel less stressed while making the most of your time at work and at home.

## **1. Take Time to Center Yourself Regularly**

If you notice that you're feeling scattered or frazzled, stop what you're doing for a second. Take a few deep breaths and turn your attention to the present moment. Ask yourself, "What do I need to be focusing on right now?" Give that one thing all of your attention, keeping your mind in the present.

## **2. Focus on Your Health**

Your health makes a big impact on your overall well-being and productivity, so make a conscious decision to prioritize it. Eat well, get enough sleep, and get some exercise every day. Even small lifestyle changes can make a difference in your mood and energy levels.

## **3. Rethink Your Habits**

Do you spend a lot of time on Netflix, social media, or video games? Most of us have some mindless habits that can eat up a lot of time. In moderation, it's okay to enjoy these activities. But if you aren't happy with how much time you lose to these mindless habits, it might be time to cut back. Decide how much time you're willing to spend on these activities every day, and set a timer to remind yourself when it's time to stop.

## **4. Allocate Your Time Wisely**

We all get twenty-four hours every day, but if you use your time well, it can feel like much more. Take a few minutes every morning to decide what you

want to accomplish and when. Making a to-do list can help keep you on track. This simple tip can increase your everyday productivity dramatically.

If you want to make the most of your time, living intentionally is a must. Make a habit of being intentional with your time and attention, and you'll become happier, more productive, and more mindful.

# 5 MORNING HABITS TO JUMPSTART YOUR WEIGHT LOSS

Establishing a few good habits in the morning can help improve your life. It helps to keep you positive, establishes a routine that you can look forward to, and it can even be good for your mental and physical health! Here are 5 easy to pick up morning mindfulness habits you can start right away.

## **1. Make Friends with The Scale**

The scale has gotten a bad rap lately. We have given it too much power over our moods and mindset. But all the scale does is give us unbiased feedback or data about how foods affect our bodies and weight-loss. Using the scale as a data tool that helps you learn what foods work for weight loss and which don't takes away the mystical powers we have given it over the years and weighing yourself daily keeps you accountable to that data.

## **2. Drink Water First**

When we first wake up in the morning, we are in a state of dehydration. We have spent 8-12 hours without sufficient fluids. Reach for your water and sip while preparing your coffee and breakfast. Starting the day with this simple healthy habit helps to set the tone for the day. And knowing you started the day with a healthy choice already increases your motivation and helps build momentum.

## **3. Get Up and Get Active**

Getting up and getting active helps wake you up more fully than a cup of coffee, and it can help you stay awake longer. Starting your day off with a little moving around also helps you get some exercise before your brain can object. Whether you're a marathon runner or you just do a few sets of yoga

positions, this is a very important part of healthy morning rituals. If you can't fit in a 45 minute workout, that's ok! Just 15-25 minutes a day of consistent movement will help you feel stronger and more fit!

#### **4. Eat a Great Breakfast**

Having a full, healthy, well-rounded breakfast is shown to help improve healthy food choices through the rest of the day. A good breakfast should include a source of carbohydrates, healthy fats, and protein. Including some veggies here and there during breakfasts is great, whether you prefer them to the side or in a smoothie! I personally love adding cucumbers or frozen zucchini to my smoothies as they add a creamy thick texture that make me more satisfied.

#### **5. Plan Out Your Day**

While you're probably used to having a plan, learning to prioritize while you plan is a great habit to pick up. Choose 1 - 3 big or important things that you need to get done that day. Try to get them done at the beginning of your day so that you can fill up the rest of your day more productively. And, of course, make time for yourself!

There are tons of ways to customize your morning, this is just a really fun baseboard to start with. Play around with what works for you - aspirations, meditation, grounding - there are tons of options out there!

# **CHANGE YOUR MINDSET FOR LASTING WEIGHT LOSS**

A healthy mindset is a great path to a healthy life. Not only does it improve your overall outlook and attitude, it also helps you focus more on being productive. When you have the right tools to focus on a more positive mindset, you provide yourself the right tools to focus on a more positive life. Being productive, using your time wisely, and spending more time choosing appropriate reactions can change your life.

#### **Focus on Your Reaction**

You cannot control every situation in your life. That's a bummer for so many people, but you can control your reaction to the situations outside your

control. This is not always easy. Sometimes you're so mad you react without thinking first, and that's something you cannot do. It's more productive to practice reacting calmly, carefully, and rationally. You can change your mindset to react by focusing on taking deep breaths, by excusing yourself from a situation, or even by giving yourself an hour or two to calm down before you react. It changes the entire course of any situation.

### **Be Present in the Moment**

It's easy to sit down to enjoy your life and focus on anything but the moment. You're with your kids at the end of the day thinking about how you need to make a shopping list, finish the laundry, and call your mom. Meanwhile, you're really just missing quality time with the kids thinking about other moments in life. When you're mindful enough to change your mindset to focus on the present, you allow yourself to find more of life's simple pleasures. When you have simple pleasures, you have a better mindset to be productive later.

### **Don't Forget You**

Part of being mindful is learning to recognize when you need some work. Are you short with people lately? Is your frown quicker to appear than your smile these days? Are you more prone to an attitude that's negative than one that's positive lately? Focus on you. When you're mindful enough to see how your personality, attitude, and reactions are changing, you're mindful enough to focus on things like yourself. You know it's time for a mental break, a physical break, or even an emotional break when you're mindful enough to realize your mindset is not where it needs to be.

Focus is the key to mindfulness. You need to teach yourself how to focus on things like how you're feeling, what you're experiencing, and how you're quick to react to situations. When you learn to do this, you learn a lot about yourself. This allows you to make improvements in your life, and it helps you learn to be more productive in every facet of living, loving, and existing.