



Thinking Anew: Harnessing the Power of Belief

By Eugene (Gene) Moynihan, Jr. & Richard (Dick) Quis

Thinking Anew Weight Loss Aspirations: Your Link to a Healthy Eating Strategy

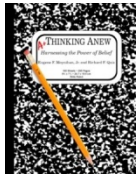
The transformation process starts when you give yourself permission to change. It is critical when starting a diet that you use an approach that will bypass your conscious mind so you can embed your desire to lose weight in your subconscious self. The reason this is so critical is that your conscious mind is designed to respond quickly . . . often habitually . . . to the deluge of external stimuli that bombard your senses. This is where your rapid fire . . . we don't have time to think about it . . . responses come from. Therefore, when changing your actions you can expect your conscious mind to fight you tooth and nail so it can maintain the status quo.

Now, the way to sneak past your critical censors and internal hecklers is to use the power of daily writing to create your weight loss strategy. While you might think this is nonsense, a study by Kaiser Permanente's Center for Health Research and funded by the National Institutes of Health shows that those who kept daily food records lost twice as much weight as those who kept no records. Now with science on your side, the question becomes how do you create a food journal and change the learned reactions of your conscious mind?

As with any new venture it's important to connect with the go-to authorities on weight loss . . . authors, teachers, medical doctors and mental health professionals . . . who have been there, done that. When you read their books or listen to their presentations, make written notes whenever you feel an emotional connection with what they are telling you. Then take these notes and create aspiration statements that you want to embed in your subconscious mind. These prompts will become the action plan that allows your subconscious to tell your conscious mind that you are changing your personal rules and this is what you now expect from it.

The *Thinking Anew* weight loss prompts were constructed from notes made while reading Dr. Kent Sasse's *Doctor's Orders: 101 Medically Proven Tips for Losing Weight*, Eileen Daspin's *The Manhattan Diet*, along with the work Gene Moynihan and Dick Quis do to help people create substance abuse strategies. These are starter sentences: prompts to get your subconscious excited and knowledgeable about your desire to lose weight. We strongly recommend you create your own sentences from your readings, experiences and the raw, but oh-so-creative weight loss thoughts that will bubble up from within you during your writing process.

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Thinking Anew: Harnessing the Power of Belief is a book within a composition book that provides a methodology that helps people find the passion to make change stick. Use the book as your food journal. You will find the powerful act of writing your aspiration statements daily will allow you to create your personal weight loss and maintenance strategies. So write for twenty to thirty minutes daily and listen as these thoughts explode in your mind when needed. Make sure you use a fast pen or pencil as creative solutions will bubble up from within you in flashes of creative thought and need to be captured immediately. Lost thoughts are missed opportunities. Understand, you are a creative being and these thoughts and strategies are the personal links that will change your beliefs about your life and food. The process works because you created it.

Here are your *Thinking Anew* weight loss aspiration statements:

In the beginning there was Weight Watchers, Jenny Craig, Biggest Loser Club, Atkins Diet, South Beach Diet, Nutrisystem, Slim Fast, Medifast, Ornish Diet, Zone Diet, Sonoma Diet, Raw Food Diet, Volumetrics, Vegan Diet, Flexitarian, Dash Diet, Mayo Clinic Diet, Mediterranean Diet, TLC Diet, Diet to Go, Bistro MD, Fat Loss 4 Idiots. While I know it's tough to be a beginner, I will eventually figure out which plan will work for me.

I know my goals are doable but they will only be a dream until I write them down. I plan on losing XX pounds and these are the top five reasons I want to lose those pounds; (*Doctor's Orders*)

I want to wear my favorite jeans and have them look good on me.

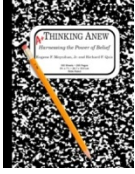
I want to stop taking blood pressure medications and/or stop measuring my blood sugar level.

I want to feel pretty, healthy and attractive.

I want to end the day without my back or knees or hips hurting

I want to reduce the stresses and frustrations in my life and quiet my internal critics.

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I know Whole Foods nickname is Whole Paycheck but before I go looking for affordable substitutes I need to understand their offerings. (*The Manhattan Diet*)

I know weight loss surgery will still require me to change my food thoughts and eating habits.

I am learning to recognize the sweet spot between not being full and not being hungry. (*The Manhattan Diet*)

I understand that research shows that those who keep daily food records lose twice as much weight as those who keep no record.

I understand the simple act of writing down what you eat encourages people to consume fewer calories.

This time, I am not alone in changing my food and exercise thoughts.

I know the worse things I can do are to try to go it alone, not ask for help, and not have a response when a twisted eating trigger event occurs. (*Doctor's Orders*)

I will stop eating before I'm full – way before. (*The Manhattan Diet*)

A good meal is not a big meal. (*The Manhattan Diet*)

I will eat responsibly, mindfully and appropriately.

I am creating a food strategy that works for me.

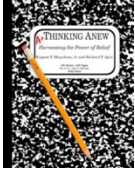
My hunger pains and growling stomach are signs of weight loss. (*Doctor's Orders*)

I know the more I write about food the more I will understand my motivations and how to control them.

I realize no matter how small the effort, just show up and good things will begin to happen. (*Doctor's Orders*)

I know I can't control my food cravings but I'm attracting into my life a way to responsibly control my responses.

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My subconscious has the power to get my conscious mind to cooperate with my food and exercise strategies.

Some of the most important changes I'll make on my weight loss journey will happen in my own mind, invisible to others. (*Doctor's Orders*)

I am thinking about each piece of food I put in my mouth. (*The Manhattan Diet*)

I am creating a strategy/response for dealing with hunger attacks. (*The Manhattan Diet*)

I am identifying the triggers that drive me to eat.

I am capable of running, walking or swimming five days a week. When in doubt, I walk, walk, walk.

I am learning to identify (recognize) the people and events that sabotage my food strategy.

I have a strategy to deal with the triggers that make me want to eat and not workout.

I know thin and beautiful are doable.

I need to spend time at this, because I know the outcome will be awesome.

I know it takes hard work to lose weight, but I'm worth it. (*Doctor's Orders*)

I have a strategy for achieving my aspirations.

I understand overeating is substance abuse and can be used to camouflage other issues.

I know high achievement is not reserved for a chosen few.

I am exercising the muscles of my mind. I know will power is like a muscle; it gets tired or atrophied if not used.

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I am thinking about everything I put in my mouth before it goes in my mouth. (*The Manhattan Diet*)

I am tuning food out of my mind. I no longer see foods that do not serve me. (*The Manhattan Diet*)

I am retraining my taste buds not to crave fattening, sugary or greasy foods. (*The Manhattan Diet*)

Being fit and healthy can help me get a job, get promoted and find or keep someone who loves me.

I will not eat anything that comes wrapped in plastic. (*The Manhattan Diet*)

Food is not the enemy. (*The Manhattan Diet*)

I know my trigger foods and I have a strategy to deal with them.

I am learning to read food labels. (*The Manhattan Diet*)

I shop at a store that sells great fruits and vegetables. (*The Manhattan Diet*)

I eat Weight Watchers point perfect meals. (*The Manhattan Diet*)

I am ending the toxic relationship I have with food.

I have invested in good sneakers so I can walk and work out. (*The Manhattan Diet*)

Good food habits are my friend.

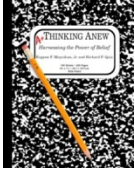
When it comes to exercise, I just do it. (*The Manhattan Diet*)

I am avoiding fast foods. (*The Manhattan Diet*)

I am hyperaware of the foods I eat. (*The Manhattan Diet*)

I will taste everything but eat nothing. (*The Manhattan Diet*)

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I love to nibble. (*The Manhattan Diet*)

I know restaurants are calorie minefields but I have a strategy to handle these challenges. (*The Manhattan Diet*)

I will not eat and run but dine and savor. (*The Manhattan Diet*)

I go to restaurants not for the food but for the social energy and the people at the place. (*The Manhattan Diet*)

I enjoy what I eat but eat less of it. (*The Manhattan Diet*)

I am a wonderful cook but I need to avoid most of the foods I provide my family.

Research is my friend. (*The Manhattan Diet*)

I am willing to hire multiple experts so I can find out what works best for me. (*The Manhattan Diet*)

I am willing to invest in my weight loss and good health. (*The Manhattan Diet*)

I am using really good ingredients. (*The Manhattan Diet*)

I understand this will take time.

I will invest the money I save from not carrying around excess weight; the costs of meals, coffees, deserts, snacks, sodas, restaurant foods, headaches, heartburn, diabetes, high blood pressure, missed job opportunities, in my weight-loss program. (*Doctor's Orders*)

I know weight loss and weight gain – are contagious. (*Doctor's Orders*)

I know courage is the ability to try again tomorrow.

I am *Thinking Anew*.

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