

THE SLIMMING SECRET



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This is the most important piece to this program, and it has nothing to do with your diet, or how much you exercise.

Instead, we're going to talk about your beliefs and expectations when it comes to your own body.

You see, most programs focus on two things when it comes to losing weight, food and exercise.

Change the way you eat and you'll lose the weight.

Exercise more and eat less and you'll lose the weight.

And while exercise and nutrition are very important, they don't paint the whole picture.

In fact, what I'm about to share with you here is more important than both of them put together.

You see, the reason you don't have something you want, whether it's the body, losing a certain amount of weight, being able to fit into a dress or pair of pants...

The only reason that hasn't happened for you yet is because of your beliefs and expectations around YOU.

So we're going to clear all of that up right here today.

Because when you EXPECT to lose the weight...

When you EXPECT to have the body of your dreams...

And when you BELIEVE it's going to happen, then...

It will.

And it'll happen fast.

But most people get caught up in past beliefs that don't serve them and all that does is slow you down.

So let's start with the basics.

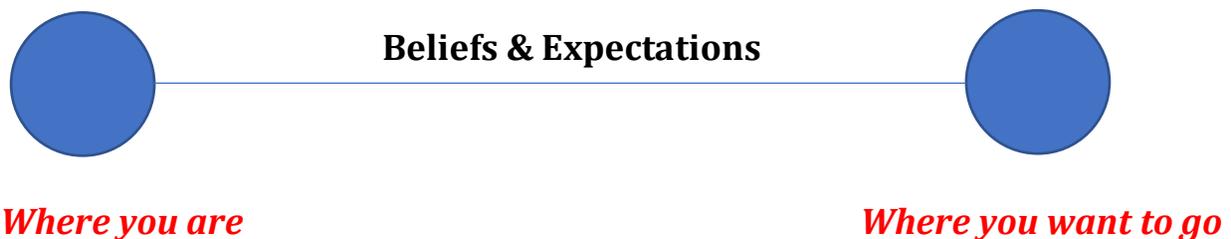
You have a desire, whether it's to:

- Lose 30 pounds
- Get off your blood pressure medication
- Be able to play with your kids or grandkids without getting tired
- Fitting into an old pair of jeans
- Being able to wear a bikini or swimsuit this summer without feeling embarrassed or self-conscious...

Whatever it is, you joined this program because you want a certain outcome, which we're going to call your desire.

It's what you want.

Now, your desire is over here on one end of the table, and where you're currently at is on the other end.



Now, the gap from where you are now and where you want to be is filled with your current expectations and beliefs.

If you believe without a doubt that the weight is coming off, you just know it's going to happen, and you EXPECT it to happen, then it's a pretty smooth road.

You have expectation that matches up with your desire, which is called having an alignment of thought.

That means your thoughts around your body are aligned with what you want.

You're focus on where you're going, not where you are...

You're not beating yourself up about the parts of your body you don't like...

You're not frustrated because nothing ever works for you...

You're not slowing things down by doubting yourself...

You know you're not where you want to be yet, but you know you're going to get there, and you're enjoying the process along with way.

If your weight loss stalls for a week or two, you're not freaking out because you just know you're going to get to your goal.

You're celebrating every small win that happens along the journey.

Unfortunately, most people don't think like this.

Instead, you focus on your current reality.

You take too much stock into what's already happened, instead of what's happening.

Maybe you're skeptical...

Maybe you're frustrated because things in the past haven't worked for you...

Maybe you can't help but think about how much extra weight you have to lose, and since you believe it's going to be hard to lose the weight, it always is.

But when you change your beliefs to match up with what you want, then EVERYTHING becomes so much easier.

Your Life & Your Body Are a Product of Your Thoughts

In other words, you get what you think about, whether you want it or not.

So if most of your thoughts about your body aren't good-feeling thoughts, meaning you're often critical of yourself and how you look, you focus on the parts of your body you don't like, you think losing weight is hard, then that is what's reflected back to you in your life.

You always seem to pick the weight loss programs or diets that are hard, complicated, and frustrating...

And here's the secret...

It can't get any easier until you release the internal resistance around your own body.

Have you ever had success on a weight loss program, or had a friend or family member who has?

Ask yourself, why did it work that time?

Because you were in alignment with your thoughts and your desired outcome.

You expected it to work, maybe because the creator of the program was very convincing and got you to believe in yourself for the first time...

Maybe because they provided a lot of science and research around their methods and that got you into a place of believing and expecting...

Maybe you saw thousands of other people who got awesome results with their system and that was enough to remove your own self-doubt enough to give it a shot and allow in the results you really wanted.

It doesn't matter how it happens, your only goal with your body, and every other area of your life, is to remove the internal resistance around it so what you want can finally happen.

With your body, it's time to get rid of the self-doubt, it's time to stop putting your attention to what you don't like about yourself, and start putting your focus and attention on what you do like...

It's time to start thinking about where you're going, instead of where you've been...

Because where you've been is OLD news.

And it wouldn't have any effect on you if you would just stop thinking about it.

It's time to start caring about how you feel, because the better you feel, the faster the results will come, because you're no longer blocking them with your resistant thoughts.

If You Think It's Hard to Lose Weight then It Always Will Be

If you think you're too old and that gaining weight is just a natural part of life as you age, then that will always be the case.

But there are plenty of people who don't think that way and that's why it's so easy for them to be fit, healthy, and at their ideal body weight.

So how do you get rid of all the past beliefs about your body, and start creating new empowering beliefs and expectations that will serve you going forward?

There are a few ways I've found that work really well, however let me say this first...

Those old beliefs are always going to be there, you can't just delete them for your mind, but...

When you think about them less, and make your new empowering beliefs about your body more dominant (*meaning you think about them more*), then...

Those old negative beliefs will start to die down, fade away, and eventually you won't even think those thoughts anymore because they're so far off from what you now believe about yourself.

Instead of eliminating past beliefs, you're replacing them with new beliefs that empower you, and feel good when you think them.

Beliefs are just thoughts you continue to think, so to create new beliefs is to just think about what you want more often, until they become dominant within you.

Here are a few daily rituals you can start doing to create the new, positive expectations and beliefs that will serve you going forward, and...

Speed up your results.

1. Top 10 List

Go buy a special notebook, make it a nice one that you really like.

Then every morning, before your day gets too busy, grab a pen and write the numbers 1-10 on your notebook, like this:

- 1.
- 2.
- 3.
- Etc.

Next to each number, write one thing you like or appreciate about yourself.

It could be something about your physical appearance.

It could be something you did recently that felt really good to you, like helping out a friend, or treating yourself to a massage...

Or it could be a personality trait that you like about yourself.

It doesn't matter, the point is to practice self-appreciation, which in turn will help you feel better about yourself, which will then allow in the well-being you're looking for.

Here's an example:

- 1) I love how thick and full my hair is

- 2) I've always loved my arms
- 3) I'm so glad I took the time to help Jessica move last weekend. It felt great to help someone else out who's been such a good friend
- 4) I love how honest I am, even when it's not the easy thing to do
- 5) I love my smile
- 6) I'm so happy I chose to eat eggs for breakfast yesterday instead of cereal. It's only one meal, but it's a step in the right direction and I'm so proud of myself...baby steps!
- 7) I love how my shoulders look in that black and red dress
- 8) I felt so good drinking more water yesterday, I'm glad I made it a priority
- 9) I love when I'm active, especially on the weekends. It just makes me feel better about myself
- 10) I'm so proud of myself for choosing a side salad at the restaurant last night instead of fries

The more you practice better-feeling thoughts about yourself, the better your life will get.

2. Morning Mantra

Morning time is VERY powerful because you haven't let all the distractions of the day get you down, you're not reacting to everything around you, which usually adds resistance to your thoughts and your life.

So, after waking up, say this simple mantra – either out loud, or to yourself.

“Today, no matter what I'm doing, no matter where I'm going, no matter who I'm with, my dominant intention is to feel good. I want to feel good about my body, I want to feel good about the foods I eat, I want to feel good about myself. Nothing is more important than me feeling good about myself”

Stating your intentions for the day is very powerful.

Here, we're not stating what you're going to do, we're stating how you want to feel.

Because when you feel good, then your day flows, everything becomes so much easier, solutions to problems pop up in your head easily, you weave through distractions without a second thought, nothing can trip you up...

But when you don't feel good, or when you're in a bad mood, or when you're stressed, then solutions are hard to come by, things keep getting worse and worse, nothing works out for you, you can't find a parking spot at work, people annoy you easily, and so...

It all comes back to your thoughts.

The more you can reach for better feeling thoughts in any situation, the better and easier your life will get.

3. Daydream

This is one of the most powerful things you can do, and yet we still think daydreaming is only for kids.

But when you realize how powerful it is, you'll spend more and more of your time daydreaming about whatever it is that you want.

When you're talking about your body and your health, take 2-3 minutes in the morning and start picturing exactly what it is that you want.

If you were in a perfect world, how would you look?

How would you feel?

What would you do?

How would you want to see yourself?

There are no limits in daydreaming, so start picturing your life exactly as you want it to be.

Picture yourself in the swimsuit you've always wanted to wear, walking up and down the beach on your dream vacation...

Picture how you look naked in the mirror...

Picture how your clothes fit, or think about the new clothes you've just bought because all your old ones are WAY too big now...

Whatever you can picture about yourself, while still feeling good, then do it.

Don't think about how it's going to happen, or what you have to do in order for it to happen, that's all taken care of with the other components of your program.

Your job here is to get up to speed with your NEW body, because you have to be able to do it in your mind first before it can become a reality.

If you start feeling negative emotion when doing this, thinking thoughts like "I don't think this is possible for me, I don't see how I can do this, I don't believe this..."

Then take a step back and get more general with your thoughts.

Instead of seeing yourself with a 6-pack, which might be too hard for you to believe, picture yourself 10 pounds lighter...

You know you're on the right track when you daydream and it FEELS good to you.

So if it doesn't feel good, it's usually because you're thinking about something you don't quite believe yet.

Dial it back a step into something you do believe (like I'm getting healthier every day, or I'm feeling lighter every day), and then get more specific when it feels good to do so.

You Don't Need Willpower or Self-Discipline

Willpower and self-discipline don't work because you're just trying to force yourself to do something you don't really want to do.

And that's why you've never gotten the results you want.

You're coming at it from a disempowering place where you're frustrated about your body, how you look, how much you weigh, and when you start a new program from that place emotionally, then you can only get more struggle and frustration.

Then your "coach" just tells you to "suck it up", "stop being lazy", "stick with the program", because that's all they know.

They don't know about how your thoughts create your life...

They don't know that when you line your thoughts up with what you want, that creating whatever you want becomes so much easier...

They don't know about how your expectations and beliefs determine EVERYTHING...

When you don't have something you want, it's because you're not expecting it yet, or you don't believe it's possible for you.

The amount of money you make is based off your expectations...

The house you live in is based off your expectations of yourself...

Your relationship with your kids is based off your expectations of them...

Your relationship with YOU and your body is based off your beliefs and expectations...

So while changing your diet can be beneficial, if you expect it to be hard, or difficult, or a big struggle, then it always will be.

But when you change your expectations because you want to feel better, and you want things in your life to change, then things get easier, new solutions come to you (like this one), new opportunities show up, you start getting better ideas and impulses, you feel better about yourself...

And from this new, empowering viewpoint of yourself, you'll act differently.

You won't be forcing yourself to eat the veggies, you'll want to because you feel so good and you know choosing the veggies over the baked potato will help get you the results you want...

You're now INSPIRED to act, instead of forcing yourself to pass on the pizza for dinner...

Your actions are now based off inspiration, instead of relying on others to motivate you to do things you don't really want to do.

And that right there is how you make this a lifestyle change.

It has to come from you WANTING to do it, not from someone else guiltning you into it, or a doctor putting fear into you that you'll die early if you don't make some health changes...

It starts and ends with you.

And that's why THIS TIME is going to be different than everything else you tried before it.

You were missing this piece, and trust me, we're just scratching the surface here.

The mind-body connection is real, it's vital, and it's the secret to getting the body and the life that you want.

The Wrap Up

The only reason you want to lose weight, or get down to a certain size, or burn the fat off your body, is because you believe you'll feel better when that happens.

That's the only reason we want anything, because we think we'll feel better in the having of it.

But when you realize that you can FEEL that way NOW, before the physical results have happened, then not only do you speed up the process (*because your thoughts match up with what you want, instead of killing them with self-doubt*), the results will be so much better than you ever imagined.

However, if you don't work on YOU first, then...

You'll be just like so many people I see, who end up losing 10, 20, even 30 or more pounds and are STILL unhappy.

They complain about not losing the weight fast enough...

Or they complain about how their skin looks now...

Or they still focus on the parts of their body they want to change...

"Yeah my stomach flattened out by my thighs are still SO huge!!!"

Or they're miserable for some other reason and losing the weight didn't help them feel any better about themselves...

That's the definition of conditional living.

"When XYZ happens THEN I'll be happy"

And the only thing you're doing is delaying your happiness, because once you reach your goal, you'll just extend it further, trying to fill the void that can't truly be filled until you do the inner work to love yourself, care about how you feel, and reach for the FEELING the weight loss will give you, not just the physical result.

Whatever you do, wherever you go, you always take yourself with you.

Which means, unless you start caring about how you feel, nothing in the outside world will give you the happiness you're looking for.

That's why so many rich people are miserable...

That's why so many famous celebrities are unhappy and even depressed...

Nothing can fill the void, not money, not food, not a new house, because you will always take yourself with you, wherever you go.

When you get out of your own way, your world will change, and it will change fast.