

DAY 19

BUILDING BACK A POSITIVE ATTITUDE



WEEK 3

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If you backslide on the 21-Day Slimdown, I want you to be as understanding with yourself as you would be with a beloved child. Don't for one minute think about how bad you are if you slip off the program. The more you let that negative voice into your life, the more it will urge you into an even more destructive behavior. Listening to that voice can often make you your own worst enemy.

A weak period is exactly the time when you cannot – I repeat, cannot – allow negative thoughts about failure to enter your brain. What I want you to do is smile! That's right. This is not a program designed to demean and self-reprimand. This is a program to make you feel good about your life. Always keep your sense of humor. Make a mistake? Not to worry. You've got tomorrow to get better.

When I go through low periods and lack my usual enthusiasm, I do my best to be around very positive and supportive people. I would recommend you do the same thing. They can be the best way for you to stay centered on your goals.

Positive attitudes are contagious. When looking toward the future, negative people often see doom and gloom. Positive people are different. They don't wear rose-colored glasses, but they never lose sight or hope. Associating with positive people makes you think more positively. With them, the future always holds hope, and it's that very hope that leads to change. The more positive friendships you cultivate, the better off you'll be maintaining your own positive attitude, regardless of what happens in your life.

USING VISUALIZATIONS

Remember how we talked about visualizations? Visualizations of who you want to be are perfect techniques for dealing with social pressure. During weak periods, I work harder than ever at visualizing myself at my absolute best. It is a technique used all the time by professional athletes who get into slumps. A baseball player who is in a hitting slump, for example, envisions himself taking his stance at home plate, swinging at the ball, connecting and watching it go over the fence for a home run. He visualizes this scene over and over. Researchers call this cognitive restructuring, and it really works. Golfers imagine hitting the perfect shot to help them improve their swing, and basketball players imagine making 50 free throws in a row using perfect form. You, too, can use visualizations to imagine yourself following the program perfectly. By running a kind of home movie about yourself in your brain, you will develop renewed confidence. You can visualize yourself eating a perfectly balanced meal. You can visualize yourself doing twenty 60-Second Workouts. You can visualize yourself at the perfect weight.

Don't be skeptical. Researchers know these visualizations work. They work because they motivate you to turn them into a reality. They help bring back your self-esteem. They make you realize, once again, that you can be in control. All you have to do is relax and let the positive part of your mind work for you. Your mind is much stronger than you can ever imagine.

Here's a sample visualization. Imagine looking at your body in the mirror and smiling because you are a lean, thin, vibrant person. Imagine yourself in the kind of form-fitting clothes you've always wanted to wear. Imagine yourself possessing the elegant muscle tone you've always wanted. Imagine the inside of your body operating as a beautiful clean engine and running on the purest of fuel.

Do you see? When you create such visualizations in your head, you're not just daydreaming. You're really doing something to make your dreams come true.

YOUR DAY 19 EATING GUIDE

MEAL	EATING GUIDE
BREAKFAST	Cereal with skim milk sprinkled with fruit.
LUNCH	Eat out at a Mexican restaurant. Try grilled chicken fajitas (ask that they be cooked with no oil), corn tortillas (not flour), lettuce, onion, tomatoes and rice.
SNACK	Meal replacement drink.
DINNER	Grilled chicken, potato/rice and salad with fat-free dressing.
SNACK	½ cup of yogurt mixed with ½ cup of oats and a piece of fruit.

YOUR DAY 19 WORKOUT

1. Now we're up to fifteen 60-Second Workouts. This is your last hard workout day, and we're cranking up the number of workouts just to give your muscles an extra push.
2. Walk 30 to 60 minutes.

EVENING PEP TALK

Do you remember how I told you at the start of the program that this is a program about progress, not perfection? It's true. I never expect you to get through this program perfectly. If you do this program at only 50 percent, you'll still make progress.

What I care most deeply about is that you don't get discouraged. You can have some kind of backslide every single day, but as long as you're doing the program in some fashion you're doing a lot better for yourself than you were before you started this program. That's what matters to me.

So stay positive. Be proud of yourself. Smile. As time goes on, there might be more relapses, but the great news is that there will always be even more progress as long as you keep trying. That's all it takes.



Slimdown Tip:

Smoking & Weight Loss

Many of you are smokers, and you know that in the past when you've quit smoking, you've had a tendency to gain lots of weight. I expect some of you are wondering if you should be especially afraid of doing the 21-Day Slimdown because of all the food you are eating. The answer is absolutely not. The reason smokers gain weight is not because they have quit smoking. They gained weight because they have begun eating more of the same fatty, processed foods they've always eaten. If a smoker quits smoking and goes on this type of eating program, he or she will lose fat and increase lean muscle tissue. The simple solution to losing weight after having smoked is to follow this program – nothing more, nothing else.