

7 Weight Loss

MIND HACKS



THE DIET
COMPANIES

DONT
WANT

YOU TO
KNOW!

Wayne Dharana

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This eBook contains information that is intended to help the readers be better informed regarding weight management techniques and styles. It is presented as general advice on health care, and weight management. Always consult your doctor for your individual needs. Always consult your doctor before making any drastic or sudden changes to your lifestyle.

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INTRODUCTION

Firstly, congratulations on making the decision, to take the first step to changing your life. So many people land on my website, or message me on Facebook but never actually take action, or bother to even read the free guides I put together. This means you're already ahead of 80% of people who dream of having a figure they can feel proud of, but don't follow up.



Firstly, a little about me: who I am, and why you should listen. My name is Wayne Dharana. That's me to the left. I've got a somewhat eclectic background (Drop me an email if you want to hear more about that) and I work as a Rapid Results Hypnotist & Mindset Coach. I'm a full certified clinical hypnotherapist, but I'm not into rainbows and unicorns! I'm into results.

I started my career as a hypnotherapist, and coach around 6 years ago now, and in 2015 I was elected to be on the board for 'The Association Of Weight Loss Hypnotherapists'- and Organisation set up by clinical hypnotherapist & Sky TV's resident Weight Loss Expert Steve Miller.



I have worked with clients worldwide, and have a community on Facebook of 17,000 who are all about success, and achieving their goals. Recently, I've decided to set up camp in Derby, in the UK and start seeing clients face to face once more, after doing a fair bit of globe trotting over the last few years!

In this short, but to the point guide I'm going to run over, with you, the 7 Real Secrets to sustainable, long term weight loss. There are more but these are a solid base on which to start your journey in the right way. I would LOVE to hear from you about your thoughts on this , and also about your successes and challenges so please don't hesitate to click here drop me an email personally. In addition you can click here to book your own totally free Telephone Consultation with me, where we can get into the nuts and bolts of how to get you smashing your weight loss goals. With that being said, let's get going!

Lets get you from Flab, to FAB!

Wayne D

SECRET ONE: DIETS ARE FLAWED



So, First off. I have some good news for you! Diets are NOT the way forward. I'm going to be totally and utterly honest with you here (and if you've tried diets all your life, you're going to be mega surprised, but it will also all click into place.

Just think logically, and critically for a moment... If diets did work, then the whole diet industry would not still exist. Because people would have brought the diet book, followed the diet, and then would be thin. There would be no need for the many many many diets that seem to be being 'discovered' week after week. The reality is, a lot of diet companies also happen to have brands of 'diet foods' and it's all about keeping you in the 'victim' mind-set so that they can keep control and you are utterly dependent on the diet plan, or foods to get the figure that you want.

If you've tried diets before you may already realise that they can work in the short term but either they are too hard to stick to, or as soon as you come off them the weight balloons back on again.

If you truly want to sustainable, long term weight loss it's about putting YOU back in the driving seat, removing all of your dependencies (and blame) from diets and starting to take control of your mind, your life, and your body.

So, the next time you see the newest fad diet being promoted on Facebook, on on a morning TV show just think to yourself 'diets are not the way forward'.

Now, let's move on to Secret Two... This is another one that I KNOW will surprise you...

**ARE YOU
READY?**

SECRET 2: YOU DON'T NEED THE GYM!



Don't those smiling faces you see all over the place, working out or 'getting ripped' at the gym drive you insane? They do me! Haha I have never been one for the gym, and I know from speaking to clients that I'm not alone.

There is a misconception that if you want to lose weight, and get a figure you're proud of that you must be prepared to hit the gym. And if you're overweight, not feeling proud of how you look then the thought of being surrounded by all these fitness geeks in a gym pumping iron can be pretty intimidating. Well, here's the thing. The Gym is not the biggest part of losing weight. In fact it's a part you can cut out completely.

Am I saying you can do absolutely no exercise whatsoever, and still expect to lose stone after stone of fat? Absolutely not. Of Course not. Let's be real here. BUT what I am saying is if you're going from doing nothing at all in terms of exercise then it doesn't take much to make a difference. Even a short walk, or making the change from lift to stairs on your way into work can all make a difference.

But more significantly if you get the other elements in check, and in order the working out part is just one small part. So, what's the take away from this Secret?

1. You can't use 'not liking the gym' as an excuse for staying fat, any more. Because you don't have to set foot into a gym in order to reach your weight loss goals, and to start feeling fabulous again.
2. Weight loss is about the whole picture- and a lot more of it is about mindset, and commitment rather than exercise.



SECRET 3: PUNISHMENT IS NO GOOD



If you've been struggling to lose weight for a while I imagine you've been caught in the trap of 'good foods' and 'naught foods'. You decide to cut out all the things you enjoy... No more cakes, no more wine after work, no more desert... you suddenly switch to plain grilled meat or salad with no dressing.

And it all seems to be going so well... for an hour or so. But then the temptation is just too much. You realise you're having a miserable time, and you start feeling like this weight loss malarkey is no fun... You only live once so why should you bother... Does that sound familiar? *(by the way, if you read something here that REALLY resonates, or suddenly 'clicks' into place then drop me an email.. I want to know! You can reach me at wayne@LifeConfidenceWarrior.com or just reply to one of my emails...I will touch base with you over the next few weeks anyhow, to see how you're getting on... what your thoughts are etc and how I can help...)*

This whole cycle seems to be the same old same old... and there's a reason for that. Again, it all boils down to mindset. If you're telling your mind you're 'not allowed' certain foods (especially the treats you enjoy the most) then your mind is going to revolt against you... and that's not what you want.. Your mind can be SO powerful that you want to have it working with you, on side. So stop with the punishment, and stop banning the foods you enjoy most.

Should you cut down on some of them? Of course you should- especially if your favourite foods are those that are super high in fat, and sugar, and artificial rubbish. But that doesn't mean you have to never have a treat.

Plus, if you think outside of the box there are sneaky ways that you can make little 'adjustments' to your treats that suddenly make them a whole lot healthier... if you're a coffee fiend that has to have 3+ 'Caramel Machiato, extra cream, 3 shots, and extra caramel' for instance then how about you switch to 'skinny' (skimmed) milk... and how about you switch to sugar free syrup? Is the cream REALLY needed?

You can still enjoy your food, and have plenty of treats whilst losing weight consistently, and for the long term.

SECRET 4: GETTING ORGANISED



One of the biggest 'Excuses' (ooh.... I said the 'e' word....) I hear when people talk to me about why they've piled on the pounds, or not managed to shift the weight is "I just don't have time". It might be "I don't have time to cook fresh meals" or "I don't have time to Exercise" or "I don't have time to have a lunch break".

Here is the thing... we all have the same amount of time every day... we have 24 hours.. or you could say 1,440 minutes... or 86,400 seconds. But, the thing is we all get given that time every single day. So, we all have 'time'. The key thing, is how we use that time... and how we use that time boils down to organisation. If you organise your time better, you'll feel like you have more 'free time' and you'll find you'll be far more productive. Do you need to start living by a timetable or schedule? Of course not- but some little tweaks can make a BIG difference. You know what one of the biggest 'evils' of being organised and productive is.....??

It's TV. Most of us work for (let's say) 8 hours a day.... We sleep for 7-8 hours per day. So that gives us a total of 16 hours used so far. That means we still have a whole other 8 hours to spend as we wish.

But right now, on average (in the UK) people watch nearly 5 hours of TV per day. Not to mention the time on Facebook... browsing the internet.... You only get one life... and one body! What could you start doing differently?



Perhaps it only requires a couple of hours a week of organisation... Planning your shopping...thinking about what you're going to eat each day... planning when your walk may fit into your day best. But those tiny adjustments are what are key when it comes to weight loss success. Once you're more organised with your time you don't need to rely on convenience food. You don't have to just grab a pack of crisps and a chocolate bar for lunch. These small changes don't only make an impact on your body, and weight loss goals- Think about how much money you'd save if you stopped having a 'vending machine' lunch.. and were taking your own tasty lunch into work? A little organisation can go a long way it making you not only hit your weight loss goals faster but generally making you feel energised, and fabulous!

SECRET 5: REFLECTION



That's right, secret 5 is reflection....Now, this doesn't just mean looking in the mirror AT your reflection, and facing up to where you are right now (although that is uber important) I'm talking about reflecting on your daily choices. If you've struggled to lose weight for a long while, then the simple reality is that on some level you have been making the wrong choices.

This may have been because you were sucked in to the 'Diet Cycle' trap, this may have been because you were justifying your actions, and not being honest with yourself, or it may have been that you just didn't know what the right choices were [Though, if we're choosing a Big Mac over a grilled chicken breast and salad, consistently, I think we all know it's not the right choice for hitting weight loss goals ;)] So, this is where it's about taking back control, being honest with where you are at, and reflecting on this. It is best to do this at the end of each day, and then envision how you will make tomorrow different.

It's as simple as saying to yourself "Did my actions today lead towards me hitting my weight loss goals?" Even if you TRY to lie to yourself, you'll feel in your heart or get a 'gut feeling' about whether you've done your best.

Now, none of us are perfect. You need to accept that, and recognise that sometimes we all make a poor choice, or don't think about whether we're on track. But what this is about is allowing yourself to still accept the occasional set backs or bad choices whilst also grabbing hold of the responsibility and being accountable to yourself for your actions. After all, no one can make you fat. And, no one can make you thin. Even though I can do a bloody good job at getting you there quicker, and with more focus, and determination that you ever thought possible! Haha

As you start to do these daily reflections you'll also start to automatically take control of the 'mini decisions' through the day. This tool of 'Reflection' (if you apply it, use it and make it a habit for each day will flood improvements into every area of your life. You'll notice that you start pausing a little more before you 'react' . You start taking control of ALL of your actions and choices, not just your weight loss choices.

You'll most likely notice you get less angry... less stressed because you're putting yourself back in the driving seat. SO, get out there and 'Reflect' my darling! It doesn't sound very rock 'n roll- but the results you'll get will make you FEEL like a success rockstar!

SECRET 6: ACCOUNTABILITY



So, reflections and awareness can kind of creep into this 'Secret Tip' too. But they are still separate. This is all about how, ultimately, you are responsible for your choices, your actions. You are in control of:

- What You Say
- What You Eat
- What You Do
- What You Don't Do
- How You Feel
- How you Treat Yourself
- How You Treat Others
- What You Prioritise

So, it goes without saying that you need to accept this before you can change your life. Once you accept that you are in control, and you are making the choices and you take ownership of your choices, and your life the rest will slip into place so much easier. But accountability can be utilised in a whole different way too.

HAVE YOU HEARD OF ACCOUNTABILITY COACHING?

It's no coincidence that pretty much ALL of the successful people you may have heard of, in pretty much any industry hire 'accountability coaches'. Basically, this is someone that you're accountable to, and that holds you accountable. It may be through weekly coaching calls, daily 'check ins' or face to face meetings. But an accountability coach is there to keep you on track. If you normally procrastinate it is great to have someone there holding you accountable. Part of my VIP 'Say F*%k Off To Fat' program is exactly that, I touch base with my clients, even when they're not expecting them. Sure, we have our weekly meetings- But I text, I call, I drop messages on Facebook. I basically make sure there is no bloody chance that my wonderful clients can go off track. It's an amazing tool and resource to have at hand.

Even if you don't want to REALLY commit to your weight loss goal right now, with a coach to help you you could considering 'buddying up' with a friend who has the same goals. I recommend this to all my clients. That way you encourage each other, you don't let each other 'cheat' – and you reach your goals much faster! I offer my clients a pretty hefty discount if they join the program at the same time as a friend. Why? Because I KNOW that with a friend on board they will be even more committed than normal. So? Get accountable! Starting today!

SECRET 7: REMEMBER YOU ARE FABULOUS!



I've left this secret until last, but the reality is it is the most important out of all of these! Listen, I don't do 'airy fairy' as I've already mentioned. I'm just not a 'Rainbows & Unicorns' kind of guy- so generally speaking you're not going to hear me talking about hugging trees, 'living in peace and love' and all of that malarkey.

However, this Secret is SO important. Even writing this, brings a lump to my throat, and tears to my eyes because I know how many people can feel, stuck or at rock bottom, or like things are never going to get better. This secret is about you remembering that **you are bloody incredible**, and you have the potential to be who you want to be, achieve incredible things, and live a life larger, and more incredible than you every imagined was possible. Sometimes in life, it's easy to get dragged down to forget how you were born as this phenomenal being of energy, love and potential. Sometimes it's so easy to get dragged down by the negative forces in life. Those people that say things to drag you down, to make you believe the LIE that you're no good, that you're not worth it. You ARE!!

If you only take one thing away from this guide, then let it be this. You are in the driving seat you are in control, and you can achieve what you believe you can achieve. There are only the barriers that you put in place. And remember, whatever anyone says you have to give permission to let their words hurt you, you have to give permission to let them inside. People can be cruel, words can be harsh. But you don't have to accept what people say. In fact you can think 'F*%k It?! I'll show them' and you can use other's words, or even your own beliefs to drive you forward. To succeed in whatever you want to succeed in.

You MUST love yourself. You MUST believe you are worth it, and you MUST believe that you deserve a good life. You can make it happen. Do whatever you need to do to remember this, every day. Print this page out. Post it where you'll see it every day. Use negatives as a driving force. You're too fabulous to be fat. You're too amazing to be sad. You're too incredible to let other tell you how you should feel or behave.

Live with that belief, and faith, and the rest can click into place.



So, WHAT NOW??

Today is only the
beginning, it is
not
the end

So, you've reached the end of this guide, but only the start of your new journey. How are you feeling? I hope you've found this guide helpful- and maybe even a little 'enlightening'. But what are the next steps? Reading this is one thing- but what about results?

Well, firstly I would love to hear from you! Have you found this useful? Are there struggles you've consistently had that this has 'made clear'. I'm not some big company or faceless online robot. I'm here for you. And I respond to all of my own emails. So, drop me an email to wayne@LifeConfidenceWarrior.com

AND, STAY CONNECTED WITH ME!



WANT MORE? HOW ABOUT A FREE CONSULTATION?

As you know by now, right now, I am currently working in Derby, in the UK where you can book to see me in person and become one of my VIP clients. I also am available to see you wherever you happen to live in the world, via Skype. For a limited time I am offering totally FREE consultations. This is your chance to get on the phone with me, for 30 minutes so we can discuss where you are at, and how you can get to somewhere different. If you're ready to finally start reaching your weight loss goals, and want to jump on the phone with me you can click on the button below, to book your space! You'll see the 'Let's Talk' button/ popup- and that's where you can book your consultation.



Alternatively, Please give me a call, on 01332 289574. One of my amazing team will be happy to take your call, and find out when is best for me to give you a call personally. And, if you'd like to reply to any of the emails I send, don't be thinking I'm some automated robot- your reply will come straight to my inbox, and I'll always endeavour to get back in touch on the same day if possible!

Remember: no more diets, no more fads! And you truly can achieve anything. I look forward to hearing from you!

Wayne D