

## Sound Changes™

### 5 TIPS to Maintain Your Weight Loss Motivation

By Ellen Simon, M.S., M. Ed., LPC

[www.imadulation.com](http://www.imadulation.com)

In weight loss, as in reaching many goals, the key is motivation. Success is achieved with steady motivation. Sustaining motivation is the secret to maintaining your positive results. Listening to supportive audio programs that are aligned with your goals can serve as powerful tools to enlist the help of your powerful subconscious mind.

**Motivation Tip 1.** Be clear about what you want. Weight loss motivation is all about desire rather than willpower. What do you really want? How much more do you want to lose weight than you want to eat fattening unhealthy food? List all your reasons for wanting to lose weight, or stay healthy and slim. Write this list of what you want and post in a visible location where you can easily see it.

**Motivation Tip 2.** Imagine your success. How will you feel when you reach your weight loss goal? How will you look? What clothes will you be wearing? How will your clothes feel on you? What will people be saying to you? What will you be saying? What will you be doing? Feel the feelings of being at your ideal weight. Spend 10 minutes a day imagining and feeling your success.

**Motivation Tip 3.** Choose target goals. Expect to make gradual changes. By making permanent changes in your lifestyle you are preparing yourself for long term success. If you have a lot of weight to lose it can be hard to see the long term outcome. If that is the case, choose special days like a birthday, a holiday where you can meet short term goals. Plot out your goal weight for each event with a doable rate of weight loss like 1-5 pounds and celebrate your goals with something like a new outfit.

**Motivation Tip 4.** Reward yourself. Learn the many ways you can receive pleasure other than using food. Make a list of what you enjoy from a massage, new clothes, a new book, etc. Remember that each time you choose wellness rather than an available unhealthy choice (walking instead of taking the car, eating fresh fruit instead of ice-cream) tell yourself that you're doing great, because you are!

**Motivation Tip 5.** Manage Stress. Learning to deal effectively with stress will serve to keep you on track. Stress is the #1 reason people make unhealthy choices, and we all know that choosing to overeat in an effort to deal with stress only increases the negative feelings. Stress management tools are readily available and can help ensure that you learn healthy ways to soothe yourself and you enjoy greater healthy and wellbeing on your road to success and happiness.

Ellen Simon is a nationally recognized expert in the field of mind body health. Ellen's unique brands of audio programs are in use in hospitals and health care facilities across the country. Ellen is the author of over 25 titles. This article is adapted from Food for Thought®, a 6 audio CD set. For more information visit [www.imadulation.com](http://www.imadulation.com).