

**Free yourself from
the agony of dieting**
**Three things you
can do right now**



**Essential Ingredients For Creating
A Healthier Mindset With Food**

by Mandy Napier
Mindset for Success

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Introduction

Have you ever wished you could find the magic formula for losing weight and free yourself from the agony of dieting forever?

Your magic formula starts right here in this Ebook. When you read, action and implement these three steps, you will start to:-

- Find a way to end the roller coaster ride of dieting forever
- Free yourself from the self-sabotaging patterns that keep you chained to eating the wrong foods
- Finally create a lasting, healthy relationship with food

If this sounds what you are looking for, and you want to achieve your ideal weight, then you are in the right place.

Diets are like roller coasters. You start the day with a strong will; determined to eat healthily, sticking to your diet, only to find yourself succumbing to chocolate or your favourite junk food. Feelings of guilt, weakness and failure arise, so you end up eating more bad food to mask these unhelpful feelings.

Does this resonate with you?

Even if you lose weight initially, statistics show a whopping 98% of diets will fail, and many people put even more weight back on.

I'm Mandy Napier and I wrote this book because I'm on a mission to help people take control of their lives, create better behaviours and last habits for living happier, healthier lives. Simple? Yet, thousands of people are stuck with poor habits and self-sabotaging patterns, doing what humans are great at, **'getting in their own way!'**

As Hippocrates said "Let food be thy medicine and medicine be thy food," yet many people have a dysfunctional relationship with food and eating, and use food to soothe an emotional need.

Ultimately, when we lose control of our food choices, the effects ripple into all area of our lives. We berate ourselves, lose confidence and feel powerless. We get stuck on a roller coaster ride of dieting. Losing weight, putting it back on, and starting again. Repeating this again and again. Know that you are not alone in your quest to live a healthier life. The problem is:-

Diets don't address the root cause of eating problems

- Poor eating behaviours become hard to change poor habits.
- Poor habits sap energy, waste time and prevent you from achieving your health goals and life goals.
- **Habits are powerful and are run by your subconscious mind. The subconscious mind is a million times more powerful than your conscious mind.**
- Willpower alone never beats a hard to change habit!

This brings to mind a well stated saying:-

'If you always do what you have always done you'll always get what you've always had.'

The key is to learn how to program yourself to naturally choose healthy foods

Since 2007 I have worked and coached hundreds of people to shift their mindsets, get 'unstuck' and achieve transformational results. Changing poor hard to change behaviours into lasting healthy habits and taking charge of their lives once and for all.

I have seen clients shed previously hard to shift kilos, losing 5, 10 and 20 kilos and banishing the word 'diet' from their vocabulary forever. I have helped clients transform from a dislike of exercise to become avid park runners, gym lovers, marathon runners and even Ironman triathletes.

"I came to you to seek help with my attitude and mindset around 'continual' healthy eating. Yes, I have been able in the past to "stick" to a diet and lose weight quickly but very quickly afterwards my mind would switch and I would be back on the road to gaining the weight again. I am extremely pleased to say you have helped immensely. My new attitude now allows me to make the right eating choices without any resistance or temptation. What a relief!" Jacinta Creedy

I show my clients exactly **how to re-program their mind**, create their own mindset for success and achieve their goals.

If you are wondering if it's possible for you too, or thinking that you can't possibly be one of the successful ones, I know that you can change, because I have witnessed it many times, and I have personally used these powerful tools and methods to heal my body, break a pattern of emotional eating and then go onto transform every area of my life.

Here's a question for you to really think about

'What would happen if you could change?'

When you consider this question, what happens? Does it excite you or do you feel a bit of fear, hesitation, a doubting voice? If you experience doubt or fear, this is normal. It's merely your old programs wanting to keep you safe in your current identity. The problem here though is your innate mechanism for comfort and safety means you won't reach your true potential, unless you change something.

To succeed, there are certain things you need to do differently.

Understanding a little about how your mind operates, specifically your powerful subconscious mind, is the first key.

When you read the following **Three Steps**, you will discover three things you can do right now to create a healthier relationship with food, and to start freeing yourself from the agony of dieting forever.

Step 1-Stop your sabotaging thought patterns now

‘The world as we have created it is a process of our thinking. It cannot be changed without changing our thinking.’ Albert Einstein

Most people are really good at focusing on what they don't want. It's easy to focus on the negative and what isn't working. The trouble with this type of thinking is that the key to creating the results you desire is to focus on what you want, not what you don't want. There are two important pieces that make up this first step. Here's the first one.

I. Understanding the power of your thoughts

What do you say to yourself when thinking about starting a diet?

Do you say:-

‘I choose to reject unhealthy foods, and select healthy food options because I love being slim and fit?’

Or, is it more along the lines of:-

‘I shouldn't eat this chocolate' or 'I'm not going to have any junk food today,' (then do exactly the opposite).

‘It's hard to lose weight.’

'I didn't succeed last time so I probably won't this time.'

'I'll start tomorrow?'.... (as you conjure up thoughts and images of hardship, struggle or deprivation).

The first sentence draws your focus towards exactly what you want - healthier food choices, slender and fit.

The other statements direct your focus away from your desired outcome, creating doubt, ambivalence, pain and inconsistent results.

Your words shape your thoughts and create your beliefs, and your beliefs shape your actions, which create your results

It's critical to understand how important your thoughts are because:-

- You have around **50,000 thoughts every day**, and most of these are the same as the day before. Every time you tell yourself that you shouldn't eat chocolate, you should give up junk food, or it's hard to lose weight, you are inadvertently focusing on what you don't want.
- Your habitual **thoughts and words become your beliefs, shape your actions and influence your results.**
- Your beliefs are stored in your subconscious mind, and your subconscious mind is **one million times more powerful** than your conscious mind.

- You operate **95% to 99% of your life from your subconscious programs, where your beliefs are stored and your habits reside.** This means you are running on auto-pilot much of your life, and you are not fully aware of what you are doing.
- **Your beliefs and habits are powerful, and you will never, ever conquer these by willpower alone.**

Here's how to change your thinking.....

- A. Start observing your thoughts, your self-talk.** When you hear yourself focusing on what you don't want, simply stop, interrupt your thought pattern and say **'delete, delete.'**
- B. Ask yourself what you want instead.** Carefully and consciously create a new sentence stating what you want. This replaces the statement you deleted.
- C. Banish all negative and disempowering words** especially these four words:-

'mustn't' 'can't' 'hard' 'should'

For example:-

- **'I mustn't eat chocolate today.'** *switch to*
- 'I choose to eat an apple because I love being slim and looking fabulous.'
- **'I can't be successful because I have always been overweight.'** *switch to*

- I am successful because I choose to eat healthily to now attain my ideal weight.
- ***‘It’s hard to be successful at dieting when I have to cook food that my children like.’*** switch to
- It’s easy to stick to eating healthy meals, despite what I cook for my children, because I love being slim and feeling fabulous.’
- ***‘I should lose weight because my trousers are tight.’*** switch to
- ‘I choose to focus on releasing unwanted kilos as I feel awesome wearing my skinny jeans.

Get the idea?

“Like most of us with a weight problem, I know what and how much I should be eating but something in my head just would not let me achieve my goal of losing the weight. Little did I know that when I contacted Mandy, it was to become the beginning of a self awareness/improvement that I couldn’t even imagine was possible. I am now living life to the full. I can’t recommend highly enough that the ‘HOW’ can be found in these tools.” Katrina Clarke

This switch in your language is critical to ensure:-

- I. You are focusing on what you want.

2. You are consistently **giving your subconscious mind clear instructions.**
3. You are making what you desire the pleasurable thing. **This is critical because your brain is hard-wired to move towards pleasure and away from pain.** When you make healthy choices pleasurable, your brain will be naturally drawn towards healthy foods.

When you say:-

'I choose to eat an apple because I love feeling slim and looking fabulous,'
you are linking the apple (healthier behaviour) to pleasure (the reward).

This simple yet powerful shift will help you turn your mind into a healthy food magnet!

Your mind has no ability to disagree or agree with whatever you tell it, so you will become much more successful at reaching your ideal weight when you tell yourself better things not just occasionally, but all the time.

Now we have looked at your thoughts, it's time for the second part of this step.

2. Identifying beliefs that are sabotaging your success

Your beliefs are powerful and shape your results. Many of your beliefs were acquired before you were nine years old. Even though you may

not be aware of them, they may still be influencing your eating patterns - a scary thought!

As an example, when I was young I was often told:-

'You must eat all the food on your plate. Think of all the poor, starving children in Africa.'

This belief meant that once upon a time, I couldn't leave food on my plate. I didn't know why I was driven to eat it, but I felt bad if I didn't - because of what I had been told about the starving children in Africa. Not a helpful belief to have!

Now this may seem ridiculous, (it did to me when I first heard it), but I guarantee there are many other throw-away statements you were told when you were growing up, that created behaviours that are still sabotaging your results today.

Remember that **your beliefs are stored in the subconscious mind**, outside your conscious awareness, which is why you may not even be aware of them!

Here's another common example of how a childhood experience can create current day eating problems.

Imagine, as a young child, you tripped and hurt yourself, and your mum gave you chocolate to help you feel better. You ate the chocolate, felt better, and unconsciously decided that **eating chocolate is good because it helps you feel better.**

Some twenty, thirty or more years later, your eating is still influenced by this limiting belief; eating to soothe an uncomfortable feeling. Whenever you feel sad or you are hurting inside, you automatically

turn to comfort food. **The behaviour has become habitual, and habits reside in the subconscious mind** - outside your conscious awareness. This makes them hard to change.

Food is also linked to rewards. No doubt when you were young you would have received some type of food as a treat or a reward for being good? Now you are older, you may find yourself eating to reward yourself, or overeating at a celebration or party?

Can you see how these old beliefs create unhelpful eating habits that prevent you from achieving your ideal weight?

The key is to program your subconscious mind with better instructions.

TIP: When you hear yourself talk about what you can't do, should or shouldn't do, need to do, or limit yourself in anyway, stop. Refocus and replace this with a positive statement that supports your health goals. When you repeat it often and with feeling, you will start to lock in a new program. Your mind will become a healthy food magnet!

Programming your subconscious mind, clearing the old, making room for the new and strengthening the mind muscle is the focus of my work with my clients, and is at the heart of my step by step online coaching program, 'Achieve & Maintain Your Ideal Weight.' The Ultimate Mindset Program for a Healthy Food Relationship. Mindset and consistent action are the keys to your success.

Among the many tools and resources are three hypnosis recordings.

One is specifically designed to help you review and release past beliefs associated with poor eating behaviours.

For now, your first step is to make sure you become a master spy on your thoughts.

Listen for any statements you say that limit your success. Delete them and replace them with new statements that support your goals.

Step 2-Focus your mind deliberately towards your goal

'Imagination paves the way for new doors to open.' Einstein

Just as important as ensuring your thoughts and words are aligned with a desire to eat healthily, is to become crystal clear as to **what you want** and **why you want it**. Your why, the reason behind your goal, is the essential **fuel for your success**.

How do you want to look, feel and be at your ideal weight?

Consider the following questions and write down your answers:-

- a. *What will you be doing?*
- b. *What exercises, habits and behaviours will you be doing?*
- c. *What will you be saying to yourself ?*
- d. *What will you be wearing?*
- e. *How will you be feeling at that moment?*

Spend a few minutes on this exercise and create a clear and compelling picture that captures the essence of you having achieved your ideal weight.

Set aside five to ten minutes every day to practice visualising yourself at your ideal weight. Be there now, as that healthy, slender person who easily and effortlessly makes healthy food choices, and amplify the great feeling associated with your success.

Human beings are ultimately motivated by feelings, so when you know your why and connect with the feeling it brings, you are adding fuel to your goal.

TIP: Visualisation has been shown to create new neural pathways. It helps you make the unfamiliar (your desired goal) more familiar. When you visualise yourself eating healthy foods, and feel the great feeling associated with it, you are steering your mind towards what you want, building belief and fuelling success.

Visualisation helps create a reference point for your mind to focus on which makes taking action easier. **Action builds belief and fuels success.** Athletes have used visualisation and mental training as part of their overall preparation to help them win medals, and has been shown numerous times to be effective.

In one research experiment cited in 'The Brain That Changes Itself' by Norman Doidge, *'imagining using a muscle increased muscle strength by 22%, as compared to an increase of 30% from actually doing the exercise.'* (Drs Guang Due & Kelly Cole 1992). You too can use

visualisation to help you achieve and maintain your ideal weight, just as I did to achieve my goals in sport.

Another reason why visualisation is helpful is that it bridges the gap between where you are now and where you want to be. It helps make the **‘unfamiliar familiar.’** Otherwise, your goal, which is way outside your current comfort zone, will cause alarm bells and your **inner ‘thermostat’ will do everything it can to pull you back to your current comfort zone. This makes achieving your goals difficult to impossible.**

I guarantee when you start to give your subconscious mind clear detailed instructions consistently, you will find it far easier and a more enjoyable way to reach your goals than exhausting yourself fighting your unwanted habits and behaviours with force and willpower! (I know this from personal experience!)

‘I just thought I’d let you know how the suggestion is working with the biscuits – FLAWLESS! I haven’t had anything like a biscuit in a week, with no issues at all. Pretty powerful stuff. No temptations, no urges to have a biscuit. Amazing. Wish I had done this years ago!’ Jim Otterson

Now, it’s time for the last step, which when added to these two is like putting the icing on the cake, or I should say, the dressing on the salad!

It’s your secret ingredient, and when you use it, makes the difference between failure and success!

Step 3-The critical ingredient for success

‘The secret to success is consistently doing the small things that matter. Especially when no-one is watching.’ Mandy Napier

I guarantee that if your thoughts and beliefs are not in alignment with what you really want, you will continue to sabotage your success, and ultimately **you will fail to embrace this critical ingredient.**

Consistency

Being inconsistent is something that many humans excel at!

There are reasons we fail in the department of consistency.

1. **We often set too bigger goals to start with.** When we do, our inner thermostat will do all it can to pull us back to our current setting, our comfort zone - however uncomfortable that may be!
2. **We get easily distracted.** Our brains love bright shiny objects! In fact, we lose focus every 8 - 10 seconds, so unless we clearly define and visualise our goals, find a way to keep focused on them, we get distracted and forget to do the routine things consistently that are necessary for our success.
3. **We use reasons and excuses to justify** why it’s okay to put things off until tomorrow or break our promises to ourself.

4. How often do you say **‘I’ll start tomorrow,’ ‘one won’t hurt,’** or **‘I will do it later?’** We fail to stick to our promises, and when no-one is watching, there isn’t anyone around to keep us accountable to ourselves. And that isn’t always a good strategy is it?
5. **Our brain is motivated towards pleasure and away from pain.** Previously you have associated doing the things that are necessary to achieve your goals, as painful. When you think about the immense task of losing 10 or more kilos, the discipline required to commit to daily exercise and the sacrifices you will have to make by giving up your favourite foods, it is definitely not pleasurable. The key is to make what you want pleasurable!

A simple way to do this is to take small steps.

1. **If you want to make exercise part of your life,** try picking one small behaviour. Getting started isn’t so much about how long you exercise for, but rather **making exercise part of your routine, doing it regularly until it becomes a natural healthy habit.** Starting with just ten minutes a day will inevitably lead to greater long term success than starting out going to the gym every night after work, which soon becomes another thing to fit into an already busy schedule. Before you know it you have talked yourself out of it, and you are on the slippery slope to another wasted gym membership!
2. **To help you remember to do your new behaviours until they become routine,** set visible or audible reminders, and schedule the activity into your diary. It can be helpful to **tack them onto something that you already doing.**

For example:-

- *Commit to exercising for ten minutes every morning immediately you get out of bed. Put your shoes and exercise clothes by your bed, and as Nike says:- 'Just do it.'*
- *If you want to drink more water, set a reminder or download an app to help you remember to drink water throughout the day.*
- *If you want to eat less at dinner, use a smaller plate. It can be helpful to select a special plate that you associate with your success.*
- *If you want to banish late night snacking, set a time that you never eat after. Whether its 7pm or 8pm, set it, stick with it, and make it non-negotiable.*
- *If you want to get fitter, but have very little time, do five squats every time you get up from your office chair! There is always a way to get started!*

TIP: Small behaviours, small steps help you focus on becoming the person you want to be. When you do them consistently, you create new habits. Habits become automatic and helpful habits help you succeed in your goals - becoming that person who naturally focuses on eating healthily and living a healthy life.

3. Every time you do your new behaviour, acknowledge your achievement. Research has shown that reward is an

important part of making long term change. Say a word like 'yes' or 'go me.' 'Yes' is a high energy word and ensures your brain rewards you with a shot of dopamine, the feel good, happy hormone.

To help you understand exactly how important consistency is, I have written two articles that are available on my website. The first one illustrates why being consistent is critical to re-wire your brain for better habits. [Click here to read.](#) The second one shares a different strategy to help you become more consistent. [Click here to read.](#)

So let's summarise:-

You have learnt to:-

- **Become aware of your thoughts** and the words you think and say.
- **Change any negative or limiting words** that are not in alignment with what you want.
- **Listen carefully to discover old limiting beliefs** that may be sabotaging your success and keeping you locked into the agony of dieting.
- **Become aware of the importance of clarity** around what you want and why you want it.
- **Understand the importance of visualisation** and **amplifying the positive feeling associated** with achieving your goal.
- Realise that **small behaviours, small steps taken consistently** are crucial to your success.

In the words of George Bernard Shaw:-

‘Life isn’t about finding yourself. Life is creating yourself.’

By now I hope you are starting to believe that change is possible. Now you have the first steps spelt out, it starts with you using these tools. Taking charge of your mind and instructing it with better programs.

So, now that you have started, and no doubt, want to continue your journey, I invite you to contact me for a confidential chat for further information and to ask any questions.

Please schedule a time on my online calendar that suits you.

[Click here to schedule your call.](#)

Or, email me personally at

mandy@mindsetforsuccess.com.au

Every time I have had a session with Mandy, the “shift” is quite palpable. I notice a much lighter feeling around the subject and am more capable to deal with it both mentally and physically.

I would recommend Mandy to anyone who is ‘stuck’ or ‘trapped’ in a mind set or belief that no longer suits them to have. Terese Finegan

About Mandy and her work



I work with a variety of individuals, coaching and mentoring to assist them to change their mindsets and transform their results. I highlight what is currently hidden, how to release unwanted programs, and how to create better habits and new behaviours that support and strengthen their goals and desires.

Together, we focus on their results, and work at the deepest area of the mind, **where all learning,**

behaviour and change takes place.

This is the difference that makes the difference.

Many of my clients have also created amazing results and have their own success stories they willingly share; testament to the effectiveness of the tools, techniques, methodologies and my proprietary coaching model.

I invite you to try these tools yourself in the ultimate mindset program 'Achieve & Maintain Your Ideal Weight' or, book a call on my online calendar to discuss how Mindset Coaching and Mindset for Success can help you achieve your goals.

For more details about Mindset Coaching and Mandy Napier, please visit www.mindsetforsuccess.com.au

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