

The Secret Trick

TO FAT LOSS MOTIVATION



**THE UNBELIEVABLY EASY & EFFECTIVE WAY TO
STAY MOTIVATED WHEN LOSING UNWANTED FAT**



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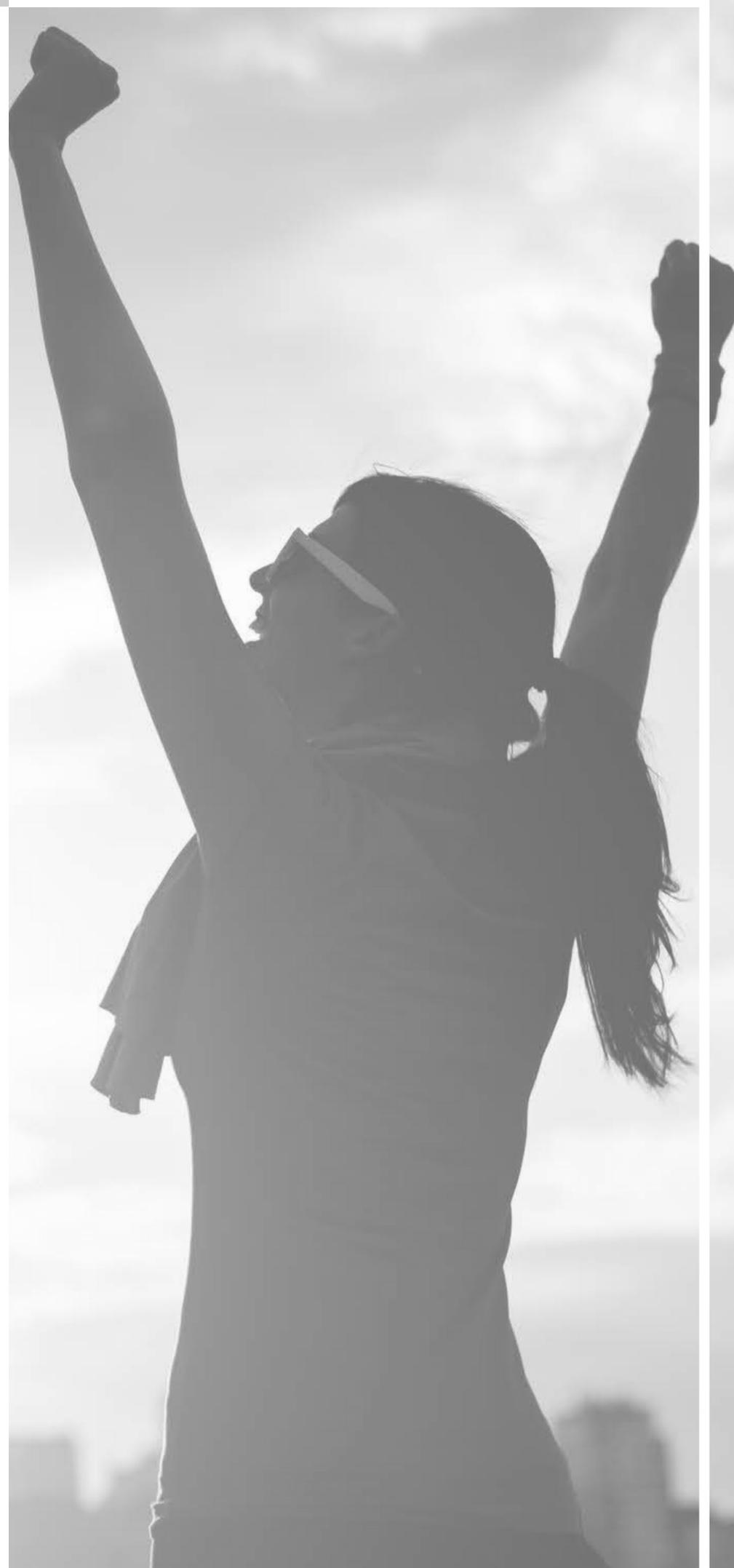
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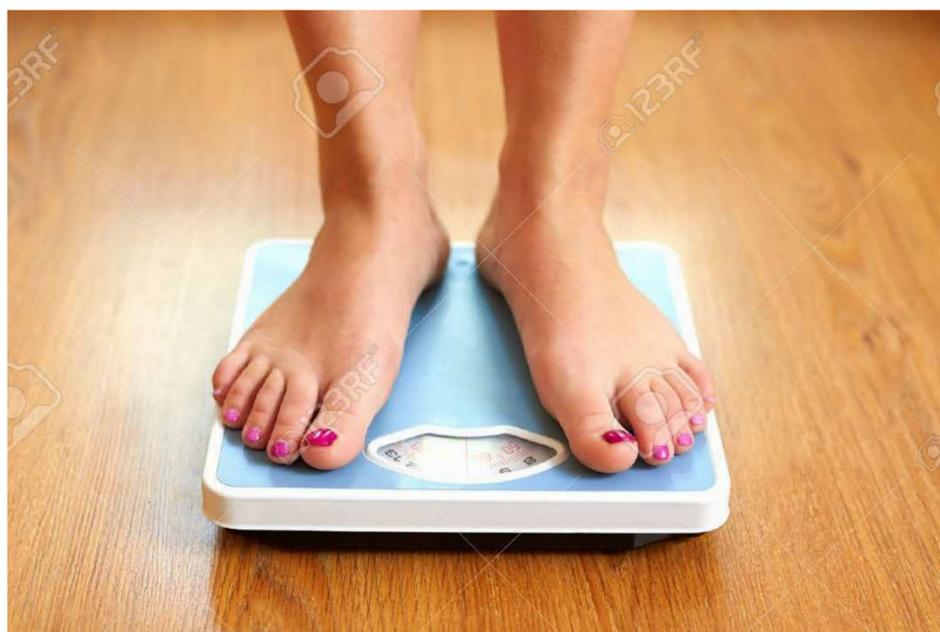


**T H E
IT'S ONLY**

**5
L B S**

TRICK

***"Whether you think you can or whether you think you can't – you are right."
- Henry Ford***



THE "IT'S ONLY 5 LBS" MOTIVATION TRICK

There is a saying that no one trips over mountains – it's the pebbles on the path that trip us and keep us from achieving our goals.

No matter how much fat you want to lose, whether it is 15 Lbs or over 70 Lbs, thinking about the final goal is a great way to lose motivation when things get hard. Instead, we are going to shift your focus. Rather than trying to lose 30 Lbs, for example, break your goal down to only 5 Lbs!

Why Focus on Only 5 Lbs? – It's Easy to Achieve

It is very easy to lose 5 Lbs; anyone can do that, right? In fact, you have probably had success in losing 5 Lbs before.

By focusing on just 5 Lbs at a time, you shift your perspective. Suddenly, weight loss is no longer a monumental struggle that only a few people are able to achieve. Focusing on just 5 Lbs makes weight loss a much easier activity. Simply believing that it is going to be easier will make it so.

With our example of 30 Lbs, you would only have to reach your 5 Lbs goal 6 times!

REMOVE DREAD FROM THE FAT-LOSS PROCESS

“By focusing on the... goal of 5 lbs, you eliminate that dread and negative self-talk!”

REMOVES THE “DREAD” FROM THE FAT-LOSS PROCESS

Thinking about losing the total amount that you ultimately want to get rid of, especially if you want to lose more than 20 Lbs, can be discouraging by itself. Once that happens, you will notice that you start to dread the work that it will take to get to your goal and the time it will take to get there.



Before you know it, you have talked yourself out of trying to lose weight or you have convinced yourself that “this isn’t the right time” to do it.

Now is the right time!

By focusing on the very small and very doable goal of 5 Lbs, you eliminate that dread and negative self-talk! That alone will do wonders for helping you stay on track toward your fat loss goal!

While changing your perspective and removing dread are very powerful, the most potent aspect of focusing on only 5 Lbs is that you see results quickly!

SEEING RESULTS QUICKLY KEEPS YOU MOTIVATED

“There is nothing like winning to help you win even more”

SEEING RESULTS QUICKLY KEEPS YOU MOTIVATED

The thing that discourages the majority of people is that they do not see the results that they were expecting soon enough. It does not take many disappointments for the negative self-talk to kick in.

You’ve probably experienced this yourself.

The negative self-talk makes you question whether you are doing the right things to lose weight. It makes you wonder if all of the work is worth the effort. It has you on the verge of quitting because it seems like you are sacrificing and wasting time for nothing.

But by focusing on only 5 Lbs at a time, things are different. You will hit the 5 Lbs goals quickly and each time you do, it will build your confidence. It will reinforce that you are on the right track. It will keep you motivated and make you want to work harder to lose the next 5 Lbs faster!

There is nothing like winning to help you win even more.

So, forget about the ultimate weight loss goal. Just focus on only 5 Lbs at a time. You will see and feel a difference in how things go this time around. This time, you will reach your ultimate weight loss goal!

