

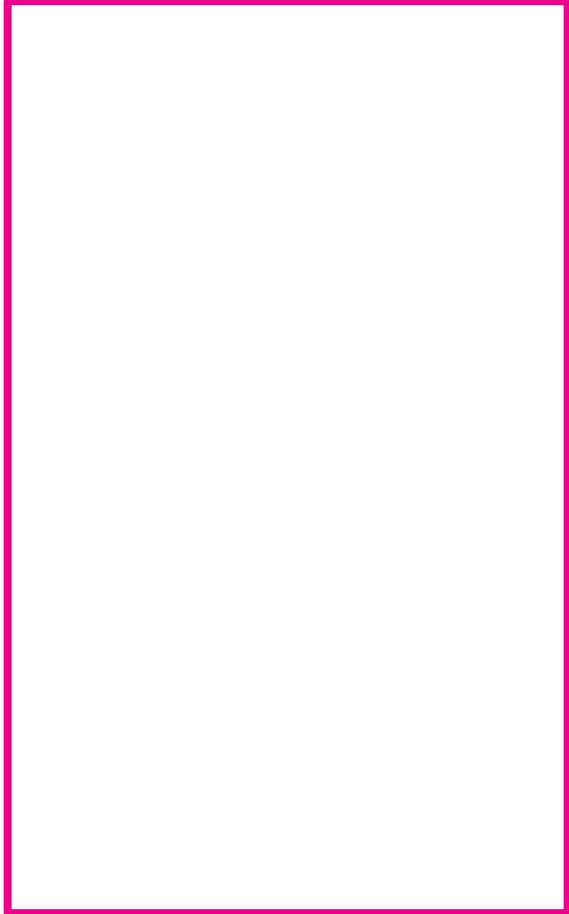
The CogniDiet®

WEIGHT LOSS PROGRAMS

Chapter 3 – Cheat Sheets

I AM REWIRING MY BRAIN!

Your Pictures Two Weeks Ago and Now



Insert your pictures and note what has changed:-----

Practice: 3 Questions When Faced with Temptations

1. Is it delicious?
2. Is it nutritious?
3. Is it unique (like I will never get this in my life again)?

**In a nutshell, is it really worth it?
And then of course, am I even
hungry?**



Practice: Picture Yourself – There Is a Choice to Make

What is your decision? What matters most?

Instant Gratification
Short Pleasure

Your Goals and Benefits
The NEW YOU!




Positive Automatic Thoughts or PATs

- They are your new behaviors – and brain ropes
- They will become YOU, and as you exercise your brain, they will influence your new behaviors and decisions and replace your SATs
- They will build your brain NEW resistance to temptations
- They will help you change over time and will require daily training discipline

A Few Familiar Sabotaging Automatic Thoughts (SATs)

- I want to eat this now, it is just a bite, I'll exercise later today.
- I am traveling, it's impossible to be good. I will get back on track when I am back home.
- I had a tough meeting, I deserve that cookie.
- It is Halloween, Thanksgiving etc.. Why start my diet now?
- I cannot say "no" to a second helping, it would be rude to the hostess.
- I paid for all this, I may as well eat it.
- Why start now at 60? I failed for over 40 years, what is different now?
- I can eat as much as I want because it is sugar free.
- I am fine, because it is organic and fresh!
- It is only a 100 cal package...

From My “Old Brain” Sabotaging Awful Thoughts (SATs)	 To My “New Brain” Positively Amazing Thoughts (PATs)
<p>I have failed every diet possible, why would it work now?</p>	<p>This time is different. I have a commitment to myself that I will succeed. I have a new goal.</p>
<p>Why take a break for a few minutes, even if I am over stressed? The deadline is approaching.</p>	<p>My sanity and mind balance are important to me. I will take a break, I need it, I deserve it and I will work better after it.</p>
<p>I can eat like this this week. I am traveling, it is impossible to be good. I will get back on track when I am back home.</p>	<p>My body and metabolism are not different on weekends, holidays, travels. Just another excuse.</p>
<p>I am too tired to exercise today. I need my sleep. I will go to the gym tomorrow.</p>	<p>Because I exercised I will sleep better tonight and wake up totally refreshed tomorrow.</p>
<p>I cannot say no to a second helping, it would be rude to the hostess (my mother, my friend...)</p>	<p>Why lose the success of the last 5 days in one night just to please the hostess? It is my body after all...</p>

Now Write Yours...

From My "Old Brain" Sabotaging Awful Thoughts (SATs)	To My "New Brain" Positively Amazing Thoughts (PATs)

Experiments for This Week

1. A MUST: Create your new PATs
2. Describe new favorite healthy foods with your senses
3. Find a way to say "NO"
4. Be in control of your environment
5. Observe your fellow humans – How do they eat, what do they eat, how do they look like?