

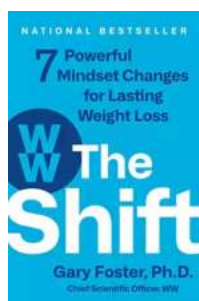
10 Powerful Mindset Changes For Lasting Weight Loss - You Won't Believe #7!

Are you tired of going on endless diets and yo-yoing back and forth in your weight loss journey? It's time to make a change. Instead of focusing solely on diets and exercises, let's dive into the power of mindset changes that can lead to lasting weight loss. In this article, we'll explore ten mindset shifts that will revolutionize the way you approach losing weight. Get ready to transform your body and mind by implementing these powerful strategies.

1. Embrace a Positive Self-Image

One of the first things you need to do is change the way you see yourself. Embrace a positive self-image and believe in your ability to achieve your weight loss goals. Rather than putting yourself down or focusing on your flaws, celebrate your strengths and remind yourself that you deserve to be a healthier version of yourself.

Remember, your weight does not define you. It's just a number on the scale. What truly matters is how you feel about yourself and how you treat your body. By shifting your mindset towards self-love and acceptance, you'll find it easier to make healthier choices and stick to them.



The Shift: 7 Powerful Mindset Changes for Lasting Weight Loss by Gary Foster(Kindle Edition)

★★★★★ 4.7 out of 5

Language : English

File size : 5541 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 233 pages



2. Set Realistic Goals

Setting unrealistic weight loss goals can often lead to disappointment and frustration. Instead, set achievable goals that align with your overall health and well-being. Focus on building sustainable habits rather than going for a quick fix.

Break down your weight loss journey into smaller milestones and celebrate your victories along the way. This will help you stay motivated and track your progress effectively. Remember, slow and steady wins the race when it comes to long-lasting weight loss.

3. Practice Mindful Eating

Weight loss isn't just about what you eat; it's also about how you eat. Start practicing mindful eating, which involves paying attention to your hunger and fullness cues, and savoring every bite. Slow down during meals, chew your food thoroughly, and enjoy the flavors and textures.

By being present and intentional with your eating, you'll be able to avoid mindless snacking and emotional eating. Mindful eating promotes a healthy relationship with food and encourages you to listen to your body's needs.

4. Focus on Progress, Not Perfection

Don't beat yourself up if you slip up or have a bad day. Remember that progress is more important than perfection. Acknowledge the moments when you make healthy choices and congratulate yourself on the steps you take towards your weight loss goals.

If you have a setback, view it as a learning opportunity rather than a failure. Reflect on what triggered the setback and find ways to overcome those obstacles in the future. Resilience is the key to maintain long-term weight loss.

5. Surround Yourself with Positive Influences

The people you surround yourself with can greatly impact your mindset and behaviors. Surround yourself with positive influences who support and encourage your weight loss journey. Seek out friends or family members who share similar health goals or consider joining a supportive community or group.

Having a strong support system can provide accountability, motivation, and a sense of belonging. Sharing your challenges and achievements with others who understand your journey can make a significant difference in your weight loss success.

6. Develop a Growth Mindset

Adopting a growth mindset can help you overcome obstacles and setbacks on your weight loss journey. Embrace the belief that you have the ability to improve and learn, regardless of past failures or challenges.

Instead of viewing mistakes as permanent, see them as opportunities for growth and learning. Understand that setbacks are a part of the process,

and each one brings you closer to achieving your ultimate goal of lasting weight loss. A growth mindset will empower you to persevere through difficulties and continue making progress.

7. Practice Self-Compassion

Weight loss can be a challenging and emotional journey. To navigate through it successfully, practice self-compassion. Treat yourself with kindness, understanding, and patience. Instead of criticizing yourself for slip-ups or setbacks, offer yourself words of encouragement and forgiveness.

Remember that you're human, and it's okay to make mistakes. By treating yourself with compassion, you'll find it easier to bounce back from setbacks and stay motivated on your weight loss journey.

8. Focus on Non-Scale Victories

While the scale can be a useful tool to track your progress, it shouldn't be the only measure of success. Instead, focus on non-scale victories, such as increased energy levels, improved sleep quality, or fitting into clothes that previously didn't fit.

By shifting your focus to these non-scale victories, you'll appreciate the holistic benefits of your weight loss journey beyond just the numbers. Celebrating these achievements will boost your confidence and reinforce your commitment to making lasting lifestyle changes.

9. Prioritize Self-Care

A healthy mind contributes to a healthy body. Make self-care a priority in your life to support your weight loss journey. Take time for activities you

enjoy, practice relaxation techniques, get enough sleep, and manage stress effectively.

When you prioritize self-care, you'll be better equipped to make conscious choices that align with your weight loss goals. Your mental and emotional well-being play a significant role in maintaining a healthy lifestyle.

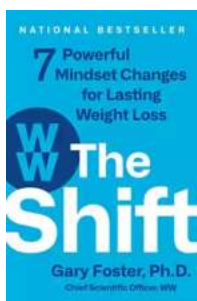
10. Celebrate Every Step of the Journey

Lastly, celebrate every step you take towards lasting weight loss. Weight loss is a journey, and it's important to acknowledge and celebrate the progress you make along the way. Each small victory deserves recognition and celebration.

Consider rewarding yourself with non-food treats such as spa days, new workout clothes, or a day off to relax. These rewards will reinforce your positive behaviors and motivate you to continue on your journey towards lasting weight loss.

When it comes to weight loss, a powerful mindset is your secret weapon. By implementing these ten mindset changes, you'll revolutionize the way you approach losing weight and pave the way for lasting success.

Remember, it's not just about the number on the scale but about embracing a positive self-image, setting realistic goals, practicing mindful eating, and surrounding yourself with positive influences. Empower yourself with a growth mindset, practice self-compassion, and celebrate every step of your weight loss journey. You have the power to make lasting changes. Now, it's time to unleash that power and achieve the body and mindset you've always desired.



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The Shift is not about what to eat or not eat. It's not about when to eat. It's about building thinking habits, proven through science, that help you lose weight.

There are so many myths surrounding weight loss: Setbacks mean failure. Big results require big goals. You need to power through alone. You have to hate your body to lose weight. Happiness awaits you only at the end of the journey.

All of these are untrue, unhelpful—and actually undermine long-term weight loss.

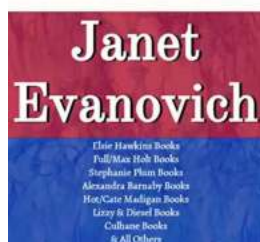
Dr. Gary Foster's 7 Mindset Shifts show you how to—and why you should—treat yourself in a way that feels better and primes you for likelier success. His argument and the techniques in each chapter, built on years of research and breakthroughs in cognitive behavioral therapy and positive psychology, can lead to results on the scale—but, more important, in your

own thinking. The Shift flips old-fashioned weight-loss theory on its head, training you to recognize when your thinking is taking you away from your goals, to focus on action rather than outcome, and to value non-scale victories more than the number on the digital display. It's evidence-based motivation—and it really works!

The 7 Mindset Shifts include treating yourself with compassion, leaning into your strengths, appreciating the power of small steps (and more frequent rewards), finding your people, and truly relaxing into happiness and gratitude.

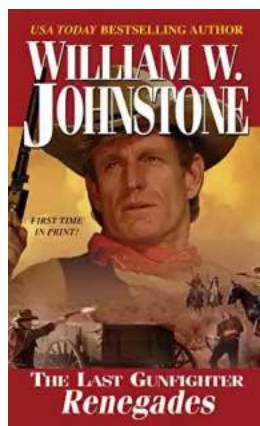
“Diet thinking” isn’t habit-forming; mindset shifts are. And muscular yet kind mental habits, like the ones found in *The Shift*, are key to long-term, positive change.

List Series



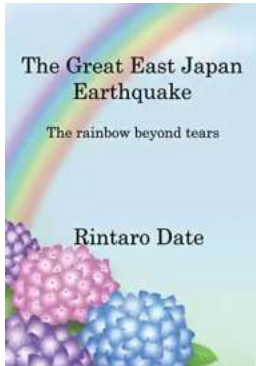
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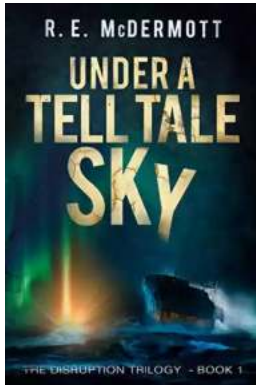
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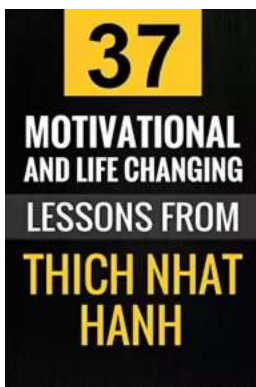
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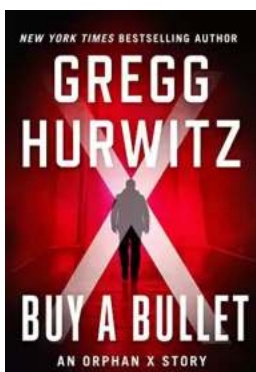
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