
DAY 7

Rewriting "The Story"



Welcome to Day 7 of the meal planning series

One of the major factor that sabotages your weight loss journey is...

... **your inner, negative voice.**

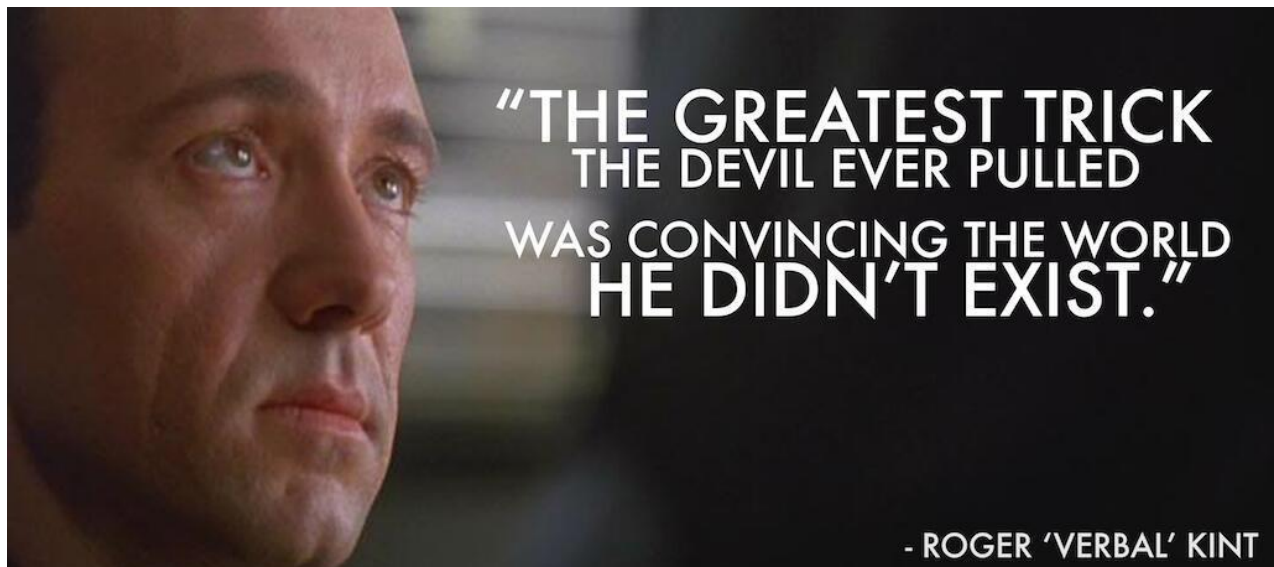
The inner story we tell ourselves about us.

Huh?

What is it you say...

"Heck no, I am far from being a pessimist, and almost never let my inner voice bother me."

But do you know/remember this quote from the famous 1995 movie "The Usual Suspects" ...



Of course, it's ironic that Kevin Spacey said that(!) years ago, but that's a discussion for another day, the point is...

... many times our inner voice, our deepest thoughts sabotage us in ways that are discreet, invisible.

So even though you might think you're doing everything right, and let's assume you ARE, **you still don't see the kind of success you truly deserve.**

And in these cases, the inner negative voice, THE story is at fault.

So today we'll see HOW to conquer this negative story, how to 'rewrite' your inner story by taking back control.

Here's How You Can Rewrite Your Negative Inner Story In 4 Steps

STEP 1: The most important thing we need to understand first is this - the negative story we often repeat in our minds... is a lie.

It may be based on truth, but repeating it in your head just prevents you from succeeding in the future.

The easiest way to begin tracking the story in your head is simple: take out a notepad or use a note taking app on your phone, and simply write down every thought in your head based on whatever aspect of your life you want improving.

Sounds crazy, and it sounds like a lot of work, but trust the process.

So if it's the relationship with food or exercise, write down your thoughts or words when you talk about these things.

- How are you describing eating healthy?
- Going for walks?
- Reading health books?
- Cooking at home?

These couple of questions usually reflect your reality.

Maybe you keep describing eating healthy as exhausting because of the *“boring, bland-tasting food.”*

Maybe you keep telling yourself that being healthy *“is really time consuming, and I just can't squeeze it into my schedule.”*

You might be really surprised at what comes up.

You might realize that the association between **what we think about, and what our reality looks like, is uncanny.**

It's scarily accurate.

Now once you've done that, here's how to silence the mind and its stories and replace it with a better one that inspires you and keeps you focused.

STEP 2: Imagine the inner voice as a totally separate person

The main problem is that we often identify with the lie over time, as the inner voice repeats itself and occupies mental space.

Now, I could suggest all kinds of things that would make the mind quieter—like meditation—but I know you’re busy and probably won’t do them. (*Notice the story here again!?*)

So here’s a little exercise you can practice.

Imagine the story as a totally separate person.

So let’s say one of those repetitive voices pops up:

“You always fail at dieting when you try each year, so why bother trying again?”

“I’m so unlucky, nothing ever works out for me.”

“Yeah... I look awful.”

Immediately imagine it as a different person.

You can even give it a name to really emphasize that it’s something separate from you.

The meditative traditions like to call it the **“monkey mind”**, but if you give it an actual name, it’s much easier to imagine it as a separate part of you that’s trying to sabotage you.

But what we suggest is if you give it an actual person’s name, it’s much easier to imagine it as a separate part of you that’s trying to sabotage you.

So let’s say you give this inner voice the name **“Annoying Alisha”** or **“Stupid Saakshi”**.

(We apologize if your name is Alisha or Saakshi, this is just to give you an example.)

So, annoying Alisha and stupid Saakshi...

I know this sounds funny, but stay with me for a second...

So when next time, annoying Alisha starts telling, *“You deserve this cake; you had a long day at work”* or *“You look awful, try any diet, it won’t help”* ...

Right at that moment, make sure to observe that it’s not you saying this (and thus you don’t need to believe it), it’s just annoying Alissa, or stupid saakshi.

So you can just say this to her...

“Oh, it’s just annoying Alissa. She always gets loud when I start a new diet regime or read a new health book.”

“Shut up, Alissa, I’m busy over here.”

“Stupid Saakshi, you’re really bothering me girl. Cut the crap!”

STEP 3: Ask yourself WHY

So you know this story is often a lie and is just a repetitive thought pattern.

Now, we’re going to figure out why you say it, and then give you a better ‘version’ that actually inspires you and motivates you.

When your mind races next time, ask, ***“WHY did I say that?”***

Here’s an example.

“You always fail at dieting; there’s no point in even trying again.”

WHY did I say that?

Here's why you might be saying that...

"Well, I tried a diet in 2014 and it lasted for about a week then quit. I tried a different diet in 2015 and lasted about a month, and then I just got too busy.

Then I tried that "sugar cleanse" the same year, which was just ridiculously restrictive and made me pray for death(!) so I gave it up.

So I guess the last three diets I've tried I "failed" to keep up with. That's why I say I always fail."

So wait a minute... do you really, always fail?

NO, the last three fads you went on you just had a hard time sticking with. Are there possibly other things in your life that you tried and didn't fail at?

Of course there are!

Look for other events and situations that contradict your negative story — all for the explicit purpose of showing you that it's a lie.

It's just a voice in your head trying to sabotage you.

And it's not you.

Sometimes it just takes the *"I failed last time I tried"* story and morphs it into the *"I **always** fail"* story, which is dangerous.

The sooner it gets silenced and replaced with something awesome, the sooner your life will reflect that.

Keep asking, *“Why did I say that?”* and go deeper.

Then replace it with a better alternative.

That’s the final step 4.

STEP 4: Replace the story with new visualizations and affirmations about what you want instead.

We suggest a couple of things: using an affirmation or filling it with visualizations.

Affirmation example: *“I’m committed to losing 10kg and getting my dream body.”*

Visualization example:

- See yourself on a vacation one year from now, not being embarrassed to walk around in your swimsuit.
- See yourself being excited to be the first person to show off.
- See yourself walking up stairs easily, effortlessly.
- See yourself springing out of bed with crazy energy.
- See yourself passing the cupcakes at the coffee shop with ease.

Or you can simply take five seconds and visualize yourself in the future with whatever outcome you want.

KEY THINGS TO REMEMBER:

The evil constantly running story in our mind is the primary reason many fail at long term weight loss.

Overwhelmingly, when we struggle to achieve the same goal over and over, there's an inner story we keep telling ourselves—about why it won't work, why it's impractical, why we just deserve something, etc.

Addressing that inner story like, "*Getting healthy takes a lot of time,*" is the first step to taking action.

Steps to overcoming the story.

Step 1: Pay attention to the negative thoughts.

Step 2: Realize that the voice is other than your own (annoying Alissa).

Step 3: Ask yourself, "Why am I saying that?"

Step 4: Replace the story with new visualizations and affirmations about what you want instead.