

Tools to Help You Make It Work

Choosing Your Tools

Our bodies are very complex and very different from each other. The same rules do not apply for everyone and the same tools do not work for everyone. This is your chance to try out some tools and see what works best for you.

Instead of making yourself fit the “rules,” choose which of the tools will work for you. You don’t have to force yourself to follow what doesn’t seem right. Even though there may be scientific research to prove that a certain method will bring results or that buying a certain product will create a change, you have to try it for yourself to see what works for you. Instead of being a slave to a product, or a system, create your own personal plan. You will be the winner.

The first step is to make a commitment to yourself that you are making a change. Next make a realistic goal with specific dates. Then select the tools that apply best to your life and ask for the support you need from friends and family. As you make progress, be sure to take time to celebrate your successes along the way.

Two Dozen And One Tools to Try

Choose one of these tools and try it out. If it is something you want to make a habit, resolve to do it for 21 days. That’s how long the behavioral scientists tell us it takes to change a habit.

1. Keep a journal and write two to three pages every day. Write about your progress with the changes you are making in your life and about your frustrations. A friend of mine said she knew she was overloading her husband with her complaints about what wasn’t going right in her life. So she decided to write it in her journal every morning. She said it felt like purging out negativity and starting each day fresh with renewed hope. And she reported that her husband was glad too.
2. Form a support group, or get a buddy to share your healthy lifestyle plan.
3. Record a typical day’s food intake and have it analyzed by a dietitian for nutrients you’ve consumed.
4. Decide on a reward for yourself to celebrate your new healthy living habits. How about a classy pen to record your favorite fantasies?
5. Take the focus off of eating and do more physical activity. How about swing-dance lessons, or swimming, or going to a driving range with a friend?
6. Make a list of five of your positive characteristics. Enjoy your uniqueness.
7. Surround yourself with positive people who want the best for you. When you encounter people or situations that drag you down, realize that it’s OK to walk away, not in anger or hatred but as a favor to yourself.
8. Commit to be the kind of person who eats lots of fruits and vegetables every day. You’ll be helping yourself to nutrients for energy and to antioxidants to help protect your body from disease.
9. Clean out a closet and decide to make a fresh start with your wardrobe. Keep only those

- clothes that make you feel like a million dollars. This goes for guys too.
10. Have fun trying lots of different herbal teas. Make up some interesting combinations of your own.
 11. Buy some aromatherapy candles and use them to create the feelings you want most in your home.
 12. Think about how you can use your special talents to reach out and help someone. Helping others takes the focus off of ourselves and teaches us what life is about. Take a lonely person for a walk and point out all the different types of birds and trees. Call a friend just to say, "Hi."
 13. Develop a habit of becoming less self-conscious around others. While you're worrying about what you look like or how you are coming across, just remember that they are feeling the same. In fact, they are often too busy thinking about themselves to spend time caring about how your tie looks or if your hair looks amazing.
 14. Learn which foods are high in fat.
 15. Make your own Personal Power Book: Collect pictures, words and symbols that appeal to you and represent how you want your life to be. By focusing on these you will attract them into your life.
 16. Think of a number of treats you would like, write them on paper and put them into a jar. When you want to give yourself a reward, pick a note from this "Joy Jar."
 17. Choose positive thoughts by saying affirmations.
 18. Write your own ideal horoscope or good fortune on a piece of paper and send it to yourself in the mail.
 19. Relax. Take a meditation class or yoga and calm your soul.
 20. Take care of your body with a massage, a new hairstyle or get your teeth whitened.
 21. Keep a success journal in which you record each and every one of your successes, no matter how small. By focusing on your successes they will keep on sprouting.
 22. Remember that "No" is a complete sentence. When you feel you are taking on too much and you need more time to yourself, say "No" to things and don't feel you need to explain why.
 23. Eating Record: You are on a journey to having a healthy relationship with your food and you body. The more you understand your habits, the more success you will have. Make a form to record what you eat for at least three days.
 24. Make three goals for each week. Every day confirm your goals and be grateful for the progress you are making and the insights you are learning about yourself.
 25. Make a contract for change with yourself.

The Five C's to Successful Change

The 5 "C" concepts for success in creating lifestyle change are:

- Connect with yourself and be clear with yourself about your purpose for changing.
- Commit to realistic goals including dates.
- Choose the tools you know will help.
- Create new habits. Remember it takes time. Be patient.
- Celebrate. Give yourself credit for every step, building on the momentum of each success.