



# *Your Final Solution*

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## *5 Steps to Your Ideal Weight*

**The 100% guaranteed, fool-proof way to achieve permanent weight loss (or any goal you want).**





**Decide Ahead of Time.** This is the most fun. Suspend all your doubt and let yourself dream BIG about being smaller. Imagine having your wish granted regarding your ideal weight, at the age you are. You get to pick, so make sure to decide on what you want, not what you think is possible.

**Destination (goal):** Next you're going to write down exactly what you've decided. Be specific. Avoid vagueness, like; "I want to look good in my clothes", "I want to be healthy," "I want to be able to play with my children or grandchildren."

Set a target that is specific and measurable. For example:

Is it a size? (I will wear a size 8 pair of jeans.)

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A number on the scale? (I will weigh 135 lbs).

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A certain waist measurement? (My waist will be 27 inches.)

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**Commitment:** On a scale of 1-10, how committed are you to achieving your goal? \_\_\_\_\_

1 2 3 4 5 6 7 8 9 10

Why did you pick that number?

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What would it take to make it a 10 (if it wasn't already)?

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Now for the fun part...fast forward in your imagination to you at your desired destination, 12 months in the future, then 5 years in the future. At each point in your vision, what are you doing?



How are dressing? What are you eating (or not eating)?  
How are you showing up in the world?

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What do you fill your time with now that the struggle with your weight is a thing of the past?

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## **2. DISCOVER HOW TO DEFUSE A CRAVING**

Quick tutorial on human brains... You're wired to:

- avoid pain
- seek pleasure
- be efficient.

Big deal, huh? Well guess what...sugar and sweeteners, snack food and ready to eat stuff is designed to give your brain a huge hit of pleasure.

Hunger and cravings feel like pain, so what 'cha gonna do? Eat whatever your cravings tell you to do to stop the pain.

That's your primal brain running the show. Which is essentially like letting a toddler have the final say on what to eat.

You're going to learn how to step up and be in charge.

The new you operates from that big 'ol gorgeous gray lump of brilliance that is your neocortex (fancy way of saying evolved brain). You're going to learn to use the grownup part of your brain. You're going to become the boss of your life.

## *No Willpower Needed!*

You'll learn to Allow an urge, but not respond.

When you resist an urge... or push against it, the urge doesn't go away, it becomes stronger until you can no longer hold on. That's using willpower. Willpower comes in limited supplies, that's why after 4 pm most of us crumple and give in. No more.

Here's how to allow an urge.

### STEP 1. EXPECT URGES/CRAVINGS

**They're definitely going to happen.** Acknowledging this as a fact is the first step to gaining control. As you practice allowing them, they will begin to fade away.

Allowing feels different than resisting, it's softer. And once your brain knows you're not falling for its tricks any longer, it eventually gives up.

## STEP 2. WHEN AN URGE/CRAVING OCCURS, SIMPLY NOTICE IT WITHOUT RESISTANCE

**Be curious about it.** Where do you feel it in your body? Does it have a sound? A color? Is it soft or hard? Once you notice it, does it move around? Describe it in as much detail as you can.

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## STEP 3. WITHIN A FEW MINUTES OR MAYBE EVEN SECONDS THE URGE/CRAVING WILL START TO FADE AWAY.

You'll learn that urges/cravings no longer have any power over you, they're just your primal brain trying to be boss. Now you've got your big girl pants on.

**FUN BRAIN HACK.** *Create a way of celebrating an allowed urge, perhaps a gold star on your calendar, or a jar you fill with beads... one for each allowed urge.*

*You may get several in a single day to start with. Best part is: By the time you've allowed 100 urges, the process will be a snap, and you won't suffer from urges/cravings in the same way ever again.*

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### **3. MAKE A PLAN**

You knew this was coming...right? Yes, it's the secret sauce to success. Plan your meals and what you're going to eat 24 hours in advance, then stick to it NO MATTER WHAT...okay unless you get swept up by a hurricane and deposited in a tree.

This is where your ability to allow urges comes to the rescue.

This is you being in control, the boss lady, making decisions and honoring your word to yourself.

#### **Plan your next day of eating here.**

Breakfast at \_\_\_\_\_am. What are you going to eat?

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Lunch at \_\_\_\_\_ time. What are you going to eat?

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Dinner at \_\_\_\_\_pm. What are you going to eat?

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Optional Snack at \_\_\_\_\_. What are you going to eat? \_\_\_\_\_

**When beginning to use a plan, be sure to write down everything you're going to eat.** This is about you learning to plan ahead and follow your plan, not being restrictive of what you are eating. If you want to eat the whole pint of Ben and Jerry's write it down. 3 glasses of Cabernet...same thing.

**Also, avoid substitutions.** If you plan for steak salad with blue cheese dressing, don't change your mind and order a Cobb salad. Put the Cobb salad on another day's plan.

**As you build your skills at planning** you can start to modify what you're eating and the amounts. This is how you craft a long term eating plan that honors your preferences and eating styles.

**Start where you are,** then introduce changes in a sustainable way.

## **4. LEARN TO CALIBRATE HUNGER AND WHAT YOU NEED TO EAT.**

Here's your ticket to freedom, and choice. No more asking some expert what you should eat, or how much you're allowed.

**With freedom comes responsibility.**

Learn to listen to your body's hunger signals and fullness signals. It's like having your own gas gauge.

Click [here](#) to download my cheat sheet on the Hunger Scale and other amazing information.

## **5. NEVER LET PAST FAILURES DEFINE YOUR FUTURE.**

You've been conditioned to determine what you're capable of by looking at your past accomplishments (or failures).

**This is different.**

You're going to look to your future where *anything* is possible. You're going to practice seeing yourself *already* at your goal, and adding depth and detail to that image.

This is your goal not being an *if* but a *when*.



**Remember back in step #1 when we were doing commitment?** When you were at a 10 and felt like nothing could stop you? Tap into that energy.

When you're stuck, overwhelmed, or unsure what to do, take a minute to connect with that future you who's already at your goal, and ask her how she handled obstacles and adversities. Sounds like mumbo-jumbo, but that's because it's a new concept.

It 100% works every time. Give it a shot... listen you've never been where you're going, don't use the old maps that never worked before to get there...be willing to believe *in advance*, trust in the process. It definitely works.



**This is a journey not a sprint.** Sprint mindset is the old “diet” mindset. The “I want quick results or I’m out”, and “as soon as I get to my goal, I can go back to my old way of doing things” thinking.

**Be patient with yourself.** You’re smart, resourceful, and determined... you can figure this out.

**There’s no such thing as a mistake.** Yep. You can’t make a mistake. You can try things that don’t work, but if you’re moving forward, towards your destination, everything becomes a learning opportunity.

**No shame, guilt or recrimination.** Be as nice to yourself as you would be to your *best best best* friend if she was trying to learn something new.

**Be willing to fail on your way to success.** There has never in the history of the world been a triumphant success without a healthy dose of failure. You’re pretty awesome, but hey, you’re still a human.

## **So there you are, the 5 simple (but not necessarily easy) steps to take to achieve Your Final Result.**

If you've done the work, answered the questions, allowed 100 urges, planned ahead, and kept going no matter what... always kept your vision and commitment strong... it's for sure you'll reach your goal.



**Click [Heck Yes](#) if you want to book your free consultation.**

### **HI! I'M DANI BATES.**

Hi, I'm Dani Bates, Certified Weight Loss and Life Coach.

I've helped dozens of women just like you learn to conquer their weight loss struggle.

If the time is right for you to finally check this off your to do list, I offer free 60 minute consultations to see if working with me as your coach is the right move for you.





