

Change your Attitude towards Yourself

Thursday, 29 November 2007

I am doing a Hot Burning Body workshop with some of the staff here on the ship. They are working out with me three times a week for the next four weeks. I thought it would be great as a lot of them needed some inspiration and guidance as to how to stay in shape here on the ship.

Last night I was having a heart-to-heart with them as we are now in the Caribbean and for quite a few of them it is a challenge to get into a swimsuit without breaking into tears.

Believe me, I understand - I have been there and it is really difficult, specially when you are with people you know and respect. Not only friends, but also co-workers, employers and a lot of the time guests on the ship.

Here there is no escaping that - a ship is like a small island, you are forced to live, work and socialize with all the same people.

One of the girls expressed to me how completely unhappy she is. She is a really pretty girl who has about fifteen pounds to lose, but her self-image is so shattered that she can not even see how that is ever possible. She can't begin to for a picture of herself as the beautiful young blonde that she is...

Their assignment for today was to find three things about themselves - no matter how small - that they like and to write it down on a piece of paper. They have to carry it with them for the next four weeks and look at it at it at least ten times per day. They also need to add one thing to the list each day.

They had to find a way to accentuate their own strengths for today and totally forget about the things they feel insecure about.

See - if you don't get the image in your head right, the image you have in your own mirror of your mind, then you will have a pretty hard time in succeeding in your weight loss goals.

Now I know, that is easier said than done and of course this is not going to happen over night - but you have to start somewhere. If you don't become aware of it, it is never going to improve.

If what you want is to lose weight and be thinner, you have to create that picture in your mind and you have to start acting and moving around like that skinnier person. If you keep dragging your feet around and slumping your shoulders and if you continue to feel heavy and lack luster - you will always be that person no matter how much weight you lose... make sense?

I know of people who have lost the weight and even had the plastic surgery but who never managed to change the picture in their minds of themselves - they are still unhappy and deep inside are still the overweight people they were before.

So it is so important that you change your whole attitude towards yourself - that is where it all starts. Start with something small, and add something to your list everyday - something you love about yourself.

To your health, success and happiness!

Kind regards

Vanessa Bader

P.S. Start your list today. No matter how small or insignificant it seems right now, start concentrating and accentuating those things you like about your self. <http://HotBurningBody.com>

P.S.S. If you start acting, walking and living like the healthy, happy and skinny person right now it will accelerate the speed at which you reach your goals and at the same time immediately start reshaping your self-image.