

# HEART PLAN

**WEIGHT LOSS SUCCESS  
Begins in Your Heart**



HEART PLAN – WEIGHT LOSS SUCCESS Begins in Your Heart

## Start Here – Finding Your Weight Loss “Why”

PART 4 of 5.



Of course it's easy to lose weight if you are given a strict diet plan to follow, a box full of pre-prepared meals with your “personal choices and off-plan meals” to reduce the monotony.

The difficulty is what do you do when it becomes too expensive to eat all those pre-packaged foods?

What do you do when you hit a plateau and can't seem to break through it? What do you do when, despite your best efforts, you binge, or get depressed, or find yourself ravenously hungry?

It can all be daunting and discouraging. Right? Which is precisely why you have to

begin your weight loss journey by tapping your deepest motivations, and building your weight loss plan with your WHY as the core.

### **Finding Your “WHY” on the Road to Weight Loss**

You have to hold on tightly to a reason beyond pounds, a goal beyond weight to reach through the long hours and days, the endless weeks and nights of lonely

endeavor. The solitary weight loss journey wears you down. The personal challenges don't go away. Inevitable interpersonal conflicts don't go away.

If you don't know where your heart is leading you – and know it clearly – you will give up. Quit.

At some early point, to keep your weight loss efforts alive you will have to stop thinking about how much weight you are losing, or how much further you have to go. **You will first have to find your “WHY.”** Why are you creating all of these difficulties for yourself? Until you get that far, your weight loss efforts will always be a struggle.

At the point of transition, when your WHY magically overtakes and drives your daily motivation to drop pounds, you suddenly see you have evolved a lifestyle of purpose, of clarity, something you WANT to do. You now NEED to do it daily, not to lose weight, but just because IT MAKES YOU FEEL RIGHT.

The moment of inflection, where you see yourself and your life differently than you have in many years, you will have created your NEW NORMAL... because you will have found your “WHY.” Weight loss will no longer be what you “do.”

Weight loss is the natural result of living out your “WHY.”

## **Start Here – Finding Your Weight Loss “Why”**

– By Boyd Jentsch

### **PART 4 of a 5 Part Series.**

See the continuation of this chapter, in Part 5.

– Boyd Jentsch

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