



Get Unstuck - or Lower Your Expectations for Weight Loss

You have to find a reason, a reason beyond food, to eat less, to lower your appetite. To weigh less. You need a counterweight to your hunger.

That is where, like so many of us, you get stuck. And keep getting stuck.

Have you ever wondered why you successfully lose weight, then gain it all back later?

When you treat weight loss as a problem with a bundle of calories, you're going to get stuck.

Because the calories you eat are tied to the human person holding the fork. **It is the motivations of the human person, you, that drives every successful weight loss effort.** And, every failure.



Your motivations are complex. They may not be all be clear to you. Trouble is, many of your motivations may run so deep, so close to the core of who you are you don't even notice they are in conflict with other, strong motivations.

You may want to lose weight, and are actively doing something about it. But other, **hidden, internal "scripts" can get in your way.** They are unintentional, self-defeating behaviors.

Think about when you were growing up.

Was there a time when you were young that you had a sense of adventure, when you knew you would do great things when you got older? Did you have a dream that moved in your core – that was a beacon of light shining on your future that you knew you were bound for great and wonderful things?

Did you feel that sense growing in you as you got a bit older? Then high school and post-high school years, college, jobs, relationships, marriage became your focus. Before you knew it, you lost your path. You lost your way. **Have you gotten lost on becoming who you knew you would be back then?** Has your dream slipped away?

Have you tried to re-direct your life, to get back to where you knew you were destined to go? But you could never get back to that same sense of adventure and bright future you had imagined years before? Have you felt that way before?

Silently, you changed. Over the years, in spite of successes, and finding people you dearly love and respect and need in your life, **you felt something missing.** And realized you were never going to get where you thought you were headed? So you lowered your expectations of life?

Growing up is often the process of lowering your expectations.

In your middle years it is hard to know how you can get back to seeing that bright light that had been focused on your future when you were much younger. Many things in your life are bright and beautiful today – parts of your life dream too.

But, sometimes, when it comes to that original light shining on your future, you just give up. Not everything. Just enough that, **as you invest in the lives of others that are so central to who you have become, you sacrifice pieces of your dream.** Pieces of you. The old light has dimmed. You sacrifice each day because that is what is needed to keep it all going. You do it willingly. Joyfully. Because this new reality is important to you, too. As it should be.

Then you get faced with a problem like excess weight. In the vast scheme of things, it seems so small. There are other problems, important ones to deal with. Money. Job. Spouse. Kids. Parents. In-laws. **Your weight gain problem seems so minor.**

The realities of having a lot to worry about, so much else that needs to be done and prioritized each day, **your struggles with weight are just not that important. Right?** So, you slowly gain more weight. Add a few extra pounds. And, over the years, it accumulates. Is that about right?

Then, one day, you decide you must “really” do something about your weight. You diet. Start an exercise routine. But somehow, after weeks and months, the success of these efforts dissipate. Lost weight begins to reappear. Discouraged, you fall back into old patterns.

You are not alone. **This is an old cycle that most people go through.** Men seldom allow themselves to acknowledge it, and many women believe it to be part of the sacrificing role they must play to be mothers, wives, and lovers.

The average person tries 7-9 times to lose weight before they finally succeed (usually gaining 5-10 pounds each time they fail). What makes them succeed in the end? It wasn't because they finally made the right changes in food or exercise. **Those were the RESULT, not the reason they lost weight permanently.**



When successful weight loss becomes a lifestyle.

Successful weight loss becomes a lifestyle ONLY because something CHANGES inside you FIRST. You quit lowering your expectations for yourself. All your life you faced other serious challenges and difficulties, priorities and time constraints. Each

time you came last – your needs were less important than the needs of others that you loved.

BUT to lose weight permanently your body needs to come first. You need to feed it, and exercise it in a way that supports you becoming lighter. And stronger. “You” need to be the priority to do that.

You need to focus a bright light on your own future and say, **“How am I going to keep being there for THEM in the future, if I can’t be there for ME now?”**

At some future point you understand that with accumulating weight, even if holding steady at 30-40-50+ pounds overweight, your health will be at risk. Perhaps it already is. **You need to take care of yourself. No one else can it for you.**

This is not a repudiation of your love for them. It is a re-focusing on you and the unique spirit and body, hope and affirmation you were created with. **It is a realization that the beauty of life that stirs at your core can be revitalized.** With that, you can do wonders for “them.” And great good for yourself, too.

To lose weight successfully, and keep it off permanently, you have to get unstuck.

You need a counterweight to your hunger.

You have to find a REASON a reason beyond food, to eat less, to lower your appetite. To weigh less. ONLY this strong motivation that will drive your successful weight loss effort.

Reverse course. Raise your expectations for yourself. Regain the power of the bright future that lit your youth. It doesn’t have to be the same dream. **It just has to be who you are now.** Who you want to be 1 or 5 or 10 years from now.

You are important. Let your beauty shine again. Become out here, where we can all see it, what you were hiding inside while sacrificing to make the lives of others better.

When you do that, really do it, **you have your counterweight to food.** You curb your appetite because it is the natural result of living out loud what had hid silently within you for so long.

Are you ready to do that?



– Boyd Jentsch

HEART PLAN – WEIGHT LOSS SUCCESS Begins in Your Heart

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