THE 10 CHARACTERISTICS OF PEOPLE WHO LOST WEIGHT AND KEPT IT OFF

OBJECTIVES

- *Describe the 10 characteristics of people who lost 30 pounds or more and have been able to keep it off permanently by following the principles of this program.*

- *Compare your current behaviors against those of the successful group to establish areas where you need to change.*

BACKGROUND

People who have achieved their goals become inspirational role models for others to follow. How they achieved their goals—the strategies, skills, thinking and behavioral patterns they used—become blueprints for people who want to achieve what the model achieved.

Models of achievement blaze the trail of possibility for us—breaking down the barriers of impossibility. We think, "If he or she did it, then so can I."

In this session we have identified 10 dominant characteristics, behaviors and habits that people who used the original *Neuropsychology of Weight Control* had to adopt and master to permanently lose their excess fat. Part of the description also includes new positive behaviors and habits that emerged as a result of their achieving their weight control goals.

In developing the model the criterion we used to define a lean, high-energy person was a person who, when he or she was overweight, had at least 30 pounds of excess fat to lose—and was permanently able to lose it. Whether you need to lose 10 pounds or 100, this model will help you do it.

Once you understand how and why the model lost weight, it will be easier for you to adopt the positive habits and behaviors that made the model successful.

BACKGROUND

1. Listen to/read audio Session 2, "The 10 Characteristics. . ." On the form below, as you listen, list the 10 characteristics.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

2. The personal achievement form on the next page lists the 10 characteristics of people who lost weight by following the principles of this program and were able to keep it off. Each characteristic is presented in the same order as it is on the audio. Each is graded on a scale of 1-7. Read all the characteristics listed on the following worksheet first. Do not mark them at this time. Just review all the characteristics listed.

3. Listen/read again to the 10 characteristics presented in Session II. As you listen to/read the characteristics being described, contrast and compare them with your current characteristics. Use the rating table as a tool for personal measurement and insight. As you listen to each description, think in terms of "I am more like the positive description" or "I am more like the negative description." Then circle the appropriate number on the scale that corresponds to your response. Stop the audio if you require extra time at any point.

PERSONAL ASSESSMENT FORM

	(-)		(+)
1.	Not Ready for Change	1 2 3 4 5 6 7	Ready for Change
2.	Seeks Quick Fix	1 2 3 4 5 6 7	Seeks Sound Knowledge
3.	Self-doubting	1 2 3 4 5 6 7	Unshakable Belief
4.	Unrealistic Expectations	1 2 3 4 5 6 7	Realistic Goals
5.	Lacks Vision	1 2 3 4 5 6 7	Has Vision of Leanness
6.	Gives Up Easily	1 2 3 4 5 6 7	Commits for the Long Term
7.	Negative Eating Habits	1 2 3 4 5 6 7	Positive Eating Habits
8.	Does Not Exercise	1 2 3 4 5 6 7	Makes Exercise a Priority
9.	Ignores Record Keeping	1 2 3 4 5 6 7	Records Progress
10.	Impatient	1 2 3 4 5 6 7	Patient

4. After you have completed the Personal Assessment Form, total up your points. If you scored between 10 and 40 you severely need this program and will benefit from it greatly. If you scored between 41 and 50 you are in moderate need of this program. If you scored above 50 you are probably at your ideal weight and feel great most of the time—and probably don't need to change your lifestyle too much.

POINTS TO REMEMBER

- As you complete the self-assessment exercise be as realistic and as honest as you can in comparing your current behaviors and habits to the model of the lean, high-energy person.

- The purpose of this program is not only to help you lose your excess fat, but also to enhance your overall physical, mental and emotional self.

PROGRESS CHECK

When you have completed the Practice exercises, you will have fulfilled the criteria of the stated objectives for this session.