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NEWSLETTER - November 2008 - Issue No 4

Have you ever wanted to lose weight and found that you had no success in spite of being really “good.”? Chances are you’re not mindful of your bad habits and negative thoughts. Read this month’s article
HOW TO BECOME MINDFUL OF YOUR HABITS AND THOUGHTS

HOW TO BECOME MINDFUL OF YOUR HABITS AND THOUGHTS

How many times have you decided to go on “diet”, made healthy choices and found that after a week, when you weighed yourself (or put on clothes that were too tight) nothing had changed!

Although disappointed you were determined to persevere, but each week when you weighed yourself, there was little or no change. At the end of each week you jogged your memory and even though you didn’t have a “perfect” week you felt you should definitely have lost weight. After a few weeks of being really good and careful, you came to the conclusion that you hadn’t lost weight for one of the following reasons.

- You have a slow metabolism
- You are going through the menopause
- You are at an age where losing weight is very difficult
- It’s genetic - your family have a tendency to be overweight
- You’ve been on too many crash diets which have affected the rate at which you lose weight
- You haven’t exercised
- The medication you are on affects your weight loss
- Your scale needs replacing
- Your clothes shrunk in the wash

You then gave up (at least until the next event) trying to lose weight and went back to your old eating habits.

Sound familiar? Don’t feel alone! If you recognize yourself in the above scenario the chances are you are not mindful of your bad habits and your negative thoughts.

In order to understand where you are going wrong and what you have to change you must

Identify your bad habits

The best way to become mindful of your eating habits is to keep a **food journal / diary** (for at least one week) of what, when, why and how much you eat. I have listed some questions for you to bear in mind when tracking your habits.

• Track what you eat –

- What healthy foods do you eat?
- What “junk” food do you eat?
- What snacks do you eat?
- What do you eat when you go to restaurants or friends?
- Do you drink alcohol?
- What meals do you eat?
- What meals do you skip?
- Do you drink 6 -8 glasses of water a day?
- Do you know the fat content of the food you eat?
- Do you know if any foods you eat contain saturated fat?
- Do you know the calorie value of the foods you select?

HOW TO BECOME MINDFUL OF YOUR HABITS AND THOUGHTS cont.

• Track when you eat,

- Do you only eat at meal times?
- How often do you snack / eat?
- Do you only eat when you are hungry?
- How often do you eat when you are not hungry?
- Are there particular times of the day that you get hungry?
- What time do you eat your meals?
- How hungry are you at meal times?
- Do you eat on the run – how often?
- Do you eat for emotional reasons?

• Track why you eat

- Are there emotional factors that cause you to eat e.g. do you eat because you are bored, depressed, angry, tired, frustrated, stressed?
- Do you eat to rebel?
- What are you rebelling against?
- Does food relieve stress, boredom, anger etc?
- Does food make you feel better?

• Track how much you eat

- How large are your plates or drinking glasses?
- How often do you eat “junk food”?
- How much alcohol do you consume per week?
- How many servings do you have at a meal?
- Do you go to buffets and cocktail parties and if so are you aware of the quantities you are eating?
- Do you skip lunch and then eat double at supper?
- Do you regularly skip meals?
- How much carbohydrate do you eat?

After keeping a food diary for a week you will be more mindful of why you aren't losing weight. Also read the article on my blog [Identifying your Diet Danger Zones](#).

Focus on a new healthy habit

In order to change your behaviour you have to replace your bad habit with a new healthy habit. From all the information in your food diary develop a practical and realistic strategy on how you can deal with your bad habits.

- Focus on one new healthy habit at a time.
- Repeat or practice your new habit for 30 days (consecutively)
- Once you have mastered it move on to the next one.

To get ideas for healthy habits read [Defusing your Diet Danger Zones](#) on my blog.

Focus on your thoughts

Become mindful of your inner critic (the little voice in your head) that tells you why you can't lose weight. Negative thinking and excuses hold people back from achieving their goals. Use affirmations - positive statements - why **you can** lose weight.

- What thoughts and beliefs could be sabotaging you? Write 3 negative things down that you currently say to yourself that you believe to be true e.g.
 - “I can't do it”
 - “My metabolism is slow”
 - “I always fail”
 - “At my age I will not be told what to eat”
- Rewrite the three negative statements in a positive way
- Repeat your affirmation to yourself daily.

It is important to be realistic and practical e.g. if your new healthy habits take up more time than you have available, then you aren't going to stick to them!

With all of this the most important thing to remember is that

“Eating is not merely a material pleasure. Eating well (that doesn't mean unhealthily) gives a spectacular joy to life and contributes to goodwill and happy companionship. It is of great importance to the morale.”

Elsa Schiaparelli

So while trying to change to healthy habits, remember to have fun and enjoy yourself.

TOOLS TO HELP YOU BECOME MINDFUL

WEIGHT LOSS KIT



- **Low Fat Food for your Mind, Body and Soul** - includes a section in a workbook format that helps you identify factors which could be blocking you from achieving your goal of losing weight as well factors that you can use to support your goal. It includes visualization and affirmation exercises, a table to help you identify your food habits, etc
- **Journal** – in which you can track your habits, behaviour, thoughts and eating patterns
- **Soul Snacks Pack** - inspirational and motivational quotations to keep you focused on positive thinking.
- **Deal-a-Meal Pack** - recipe cards to help you become mindful of healthy recipes and cooking styles.

Price R450.00 excluding postage

For further information click on www.uniquelifestyle.co.za or e-mail sandy@uniquelifestyle.co.za

WHAT'S NEW IN NOVEMBER ON MY BLOG

- [Time Saving Tips – for quick, easy meals!](#)
- [Identifying your Diet Danger Zone/s](#)
- [Defusing your Diet Danger Zones](#)
- [How to Look Good Dressed!](#)
- [Tips for Confident Dressing](#)

To read more click on the link or go to www.sandygoldberg.wordpress.com

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