

TRICIAZODY
Another Beautiful Life
PODCAST GUIDE

This guide is intended to be used as a complement to my podcast “Another Beautiful Life.” It is best utilized after listening to the corresponding episode. Please take some time to be contemplative in your answers. My suggestion is to ask the Holy Spirit to lead you through it before you begin. I’m already praying you hear His voice clearly.

Episode 109: How To...Lose Weight

The secret to losing weight is not calories counted, watching your macros and micros, intermittent fasting, weight training or burning more calories than you take in. The secret to losing weight is all about what’s going on in your mind.

When you entertain negative thoughts about yourself and your body, the brain translates these negative thoughts as stress. This immediately puts your brain into protective mode. It considers stress as pain and will avoid whatever you’re doing at all costs. In protective mode, the body doesn’t think it’s safe and automatically begins to hold onto weight.

1) What are the messages you’ve been telling yourself about your body?

2) What do you think about YOU? Write your thoughts on each:

Your personality:

Your passions:

Your character:

Your past:

Your present circumstances:

Your future:

Your purpose:

Your physical appearance:

Your value and worth:

3) What do you think your Creator thinks about you?

4) Evaluate what you wrote in number 3. Is it true? Remember, if you hear anything other than words of love, it's not your Creator's voice. It's the voice of the enemy who hates the one made in the image of God. Ask your Creator what He thinks about you and write it here:

You can be absolutely fascinated with your body (how it works) *and* want to lose weight at the same time. When you love your body first, then your brain is not in a stress or protective mode. It's here that you can tell your brain that losing weight is not a stressor and that it's safe to let go of excess weight. You direct your mind what to do using your will.

5) What would you like to tell your brain in regard to your body and wanting to lose weight?

Your will is powerful over your mind, and your mind over your body. That's how God made you. Aren't you fascinating?!! If you'd like some help getting your thoughts straight, I'd love to be your Life Coach and help you do this. Feel free to email me at: coaching@triciazody.com.