

PEERtrainer on track

Class 10:

The Biggest Decision You Ever Made

PEERtrainer™

<http://www.peertrainer.com>

Jacqueline Wicks

Josh Wayne

Contact:

coaching@peertrainer.com

This information is intended for the sole purpose of participants in the PEERtrainer On Track Program. This is not a substitute for medical advice. Please seek a physician if you have any questions or need medical advice or attention when starting a weight loss program.

Class 10:

The Biggest Decision You Ever Made

1. This week we're going to talk about the biggest decision you've ever made.
 - a. It's the most important decision you've ever made and you made it at a very early age, before you knew how to read or write or even speak. In fact for most of us that decision was in place by the time you were 3 years old.
 - b. **But this one decision was so powerful, that it shaped every other decision that you made afterwards, and it continues to shape the decisions you make today.**

2. So what's that decision you made that is so important?
 - a. Is the universe for me or against me?
 - b. You could also say, is the universe benevolent or malevolent?

3. How did this decision get made?
 - a. When you were a baby, depending on a lot of things – the most significant being how you were treated, nurtured and loved by the adults around you, you had an experience of the world where you generally felt safe, loved, nurtured. That it is benevolent, or in support of you.
 - b. However, a lot of people made a very different choice when they were babies that the universe was not a safe, and supportive place. That it was malevolent, or against you.

Class 10

The Biggest Decision You Ever Made

4. So why is this the most important decision?

- a. This core decision ends up shaping every other decision you made afterwards. It shaped your perception of yourself, the world and your place in it.

5. So how does this show up?

a. **If you decided the universe was benevolent, you're likely to feel:**

- You're fundamentally okay for who you are.
- You're more or less capable of achieving the things you want in life.
- Life is fun. Everyone has rough days, but life is generally interesting and good.

b. **If you decided the universe was malevolent, you're likely to feel:**

- Like you're not fundamentally okay for who you are.
- Life is a struggle.
- Like others are judging you, evaluating you.
- Have a negative view on life. Distrustful, suspicious.

6. Again, why is this so important?

a. **Because based on how you made this decision, it defines how you live today.**

- b. If you live in a benevolent universe, you more or less have the tools you need to be happy. You have the ability to relax into the universe, because you fundamentally believe it supports you.

Class 10

The Biggest Decision You Ever Made

- c. If you decided the universe was malevolent, then think about it ... if you live in a hostile universe, you have to continually guard yourself against it ... protect yourself from it. If you made that decision, how can you truly feel safe and at ease?
7. What we want you to do is really sit with this question for the next week, and think about it.
 - a. Are you living in a benevolent universe?
8. Before we end: what does all this have to do with weight loss?
 - a. **We get email frequently from people who say they often feel like they're eating to fill a hole in their lives. They're not even sure what that hole is. They're hungry for something and they don't even know what it is.**
 - b. **Very often the hole we're trying to fill is to find a place of comfort and rest.** We're looking to be happy, to feel like we live in a benevolent universe. We want feel whole. We all want to live in a benevolent universe.
9. We are not saying that everybody who is overeating or feels they have a hole to fill made the decision to live in a malevolent universe, but we are saying that if you do feel like there's some hole you're trying to fill, really look at what you're avoiding.
10. Things to focus on over the next week:
 - a. I want you to notice where your thinking goes, particularly during times when you're stressed and frustrated.

Class 10

The Biggest Decision You Ever Made

- b. Are you able to quickly look at the positives, not take things too seriously and focus on what's working?
- c. Or do you quickly get defensive and self-protective?

11. Here's a really important quick piece of learning that we'll explore next week in much greater depth.

- a. While you made that decision early on in your life, you're still making that choice every day in your life.
- b. We each have a million moments a day when we have the ability to make that choice.
- c. **The choice you make to see the world in this way is a habit, it's a pattern. In some ways you can say it's the deepest and most pervasive pattern.**
- d. And then I want you to realize that this is a choice you made a long time ago, and it's a choice you continue to make, day by day, moment by moment.
- e. Ask yourself, if I were making a different choice – if I were choosing that the universe is a benevolent place – what would that look like?
- f. What would that feel like? How would I behave? What would I do with my body? Would I keep my muscles all tight and tense, or would I just make the choice to relax, take a deep breath and enjoy.
- g. **If I truly were living in a benevolent universe, what would my life be like? How would I behave? How would I treat others?**

Until next week - Jackie and Joshua and the team