

PEERtrainer on track

Class 5:

How To Get What You Want

PEERtrainer™

<http://www.peertrainer.com>

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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.

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How To Get What You Want

1. Most powerful question you can ask yourself: **What do you want?**
2. Not about what you want materially, but who do you really want to be? How do you want to show up in your life? 5 years out? 10 years out?
3. Now part of this is inevitably this:
 - What do you want to look like?
 - What do you want your body to look like?
 - What do you want your health to be like?
 - What kind of clothes do you want to be fitting into?
4. At another level it's about:
 - How do you want to be living?
 - What do you want your emotional life to be like?
 - How do you manage your emotions?
 - How do you want to be in control of your life?
 - What are your relationships like? Growth filled, learning, communication. Passionate. Loving, compassionate?
5. It's really useful to get this picture clarified. My experience is that this is an ongoing meditation, but here is the important thing to get:
 - a. Who you're choosing to be right now is who you're becoming tomorrow.
 - b. That's it. Everything you're doing right now ... eating unconsciously, not being in control of your emotional reactions, sitting in front of the TV ... all this shapes the habits that take you into tomorrow.

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6. Main thing first and foremost is awareness, but also really helpful to think forward into the future.
- Who do you want to be 10 years, 5 years, 1 year, 6 months, 6 weeks.
 - Start to really paint a picture of who/where you want to be.
 - Exercise:** Pick a time frame that is manageable, comfortable. For this exercise, don't have to think too far into the future. Maybe thinking 5 years doesn't feel realistic
 - Maybe you can't relate to it, or maybe it gives you a sense of comfort and excitement. Maybe 1 year is better. Find a time frame that you want to work with for the purposes of this exercise.
7. Meditate on this. Who do you really want to be? Write it out. The focus of this is of course your body, but you can also think in terms of other aspects of your life too. Close your eyes and feel it. What does it feel like to be living there?
- What is your life like?
 - Relationships?
 - Reactions to stressful things?
 - Relationship to food?
 - How do you communicate with other people?
 - How do you handle conflicts?
 - How do you body/clothes/energy/feel?

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8. What you're doing right now is creating who you're becoming. You can also "reverse engineer" this formula and work it backwards:
 - a. How do you have to behave now so that this is who you'll be then?
 - b. Come up with as much of a list as you can.

9. Then just focus on 2-3 simple things.
 - a. Look for things you're already good at.
 - b. Also identify things you're not so good at. This is a great opportunity to develop and learn new skills.

10. Many ways to develop and learn new skills.
 - a. Discussing with a good friend, or getting feedback in your PEERtrainer group.
 - b. Whether it's learning to handle stress better or learning how to make a great salad that fills you up, find the people who are already good at doing that.
 - c. Even work with a coach/therapist ... good to have different people for different things.
 - d. Point is not to endlessly examine your past, but to learn the skills you need to create the future you want.

We are planning a special session for next week and are excited to share it with you. In the meantime, we want to know how you're doing. You're at a very interesting stage in the process and we'd like to hear from you: coaching@peertrainer.com

- Jackie and Joshua