

Group Session 7

Make it Fun

Make it Fun Health

Two Rules

- ✦ Eat more food
- ✦ Make it fun

“Inch by inch, anything’s a cinch.”

“Life is either a daring adventure or it is
nothing at all.”

- Helen Keller

In Session 6, we talked about...

- ✦ Herbs and spices
- ✦ The mental game - thoughts
- ✦ Our environment
- ✦ Had a surprise - went all in

Today, we'll talk about...

- ✦ The mental game - subconscious - changing your inner voice
- ✦ Support each other - our second week - going all in

Our 6 Food Groups

- ✦ Fruits
- ✦ Veggies
- ✦ Whole grains
- ✦ Legumes
- ✦ Nuts and seeds
- ✦ Herbs and spices

Celebrate failure / effort that wasn't successful
from last week ...

If you went all in last week and made some mistakes
- but are still here, give yourself 100 points.

Celebrate Success from last week...

If you ate more whole plant foods last week than the week before, give yourself 100 points.

If you improved your environment last week - perhaps you...

- ✦ Tossed or gave away food that doesn't support your health
- ✦ Refused to bring unhealthy food in the house

...give yourself 100 points.

If you watched the film Diet Fiction...

...give yourself 100 points.

Your takeaways from Diet Fiction

Our takeaways from Diet Fiction

- ✦ Across the scientific literature, the food most associated with weight gain is meat
- ✦ Supplements - Stop thinking about the shortcut and how to enjoy real health.
- ✦ The media often don't check facts - press around the world fell for a hoax that pretended chocolate leads to weight loss

More takeaways from Diet Fiction - Exercise...

- ✦ Great, but on it's own - usually not a good weight loss strategy
- ✦ Stimulates hunger - people often eat more calories afterwards than they just burned.
- ✦ Most studies show exercise on its own - makes it hard to lose weight and keep it off.
- ✦ Works when you combine it with other things like eating right, getting enough sleep, support, etc.

How to Control Your Subconscious

Last week, we talked about how our thoughts lead to actions. Repeated actions...

- ✦ Become habits
- ✦ Habits form neural pathways - trails and grooves in our brains
- ✦ Every time we do something, it gets easier to repeat - trail gets bigger - groove gets deeper
- ✦ Subconscious - influences us and makes some decisions and behavior automatic

To be successful with food, we need to control our...

- ✦ Thoughts
- ✦ Subconscious / inner voice

Last week, we learned techniques including...

- ✦ Not letting our brain be a vacuum - so bad thoughts easily pop in - focus on plans, goals, listen to uplifting audio books, podcasts, music, etc.
- ✦ Start being aware of thoughts
- ✦ Label thought - get it out in the open - say out loud - “That’s fear. That’s not me. That’s how I used to be. This thought isn’t helpful.

If you were more aware of your thoughts last week
than you had been in the past...

...give yourself 100 points.

We also learned...

- ✦ Replace thoughts - we can only think about one thing at a time - choose great thoughts in advance
- ✦ Reframe thoughts - change meaning
- ✦ Rubber-band technique - Check your thoughts whenever you notice it. If your current thought is negative, lightly snap it and change it or reframe your thoughts

If you reframed a thought last week...

...give yourself 100 points.

If you chose a positive thought in
advance last week...

...give yourself 100 points.

If you tried the rubber band technique
last week...

...give yourself 100 points.

“Watch your **thoughts** for they become actions.
Watch your **actions**, for they become habits.
Watch your **habits** for they will forge your character.
Watch your **character**, for it will make your **destiny**.”

-Margaret Thatcher

Subconscious...

- ✦ Inner voice in our head
- ✦ Part of our brain that operates on autopilot
- ✦ Saves mental energy - makes things easier - more efficient
- ✦ Creates habits - good and bad
- ✦ Can be trained

If it's trained, it works for us. If not, it works against us and says things like...

- ✦ I don't want to
- ✦ Maybe tomorrow
- ✦ This is too hard

The first step...

...is just to notice it.

Remember - that voice is not you...

- ✦ You are in charge - not your thoughts
- ✦ Override negative thoughts - “That thought is not me. I choose to...”

Because the subconscious is designed to save energy,
it naturally prefers...

- ✦ Comfort
- ✦ Things it's used to - familiar with
- ✦ Immediate rewards

Yet growth usually feels uncomfortable - at first...

...and your subconscious usually won't support you - at first.

So expect resistance when you start to eat healthy, cook more, exercise - or anything else... It's...

- ✦ Normal
- ✦ Not a sign to quit
- ✦ Proof you're on the right track

Welcome it - have fun with it - talk to that inner voice...

- ✦ “Awesome! I’ve been expecting you.”
- ✦ “What took you so long?”
- ✦ “That’s all you’ve got?”
- ✦ “Don’t feel like making dinner? Sorry - you don’t get to vote.”

Reframe it - Change...

- ✦ “I don’t feel like it” - to - “I choose.”
- ✦ “I’m lazy” - to - “I’m getting better every day.”
- ✦ This is hard - to - “Everything is hard before it is easy. I can do hard things.”
- ✦ I’ll do it tomorrow - “Tomorrow never comes - I will act now.”

Act before you feel ready...

- ✦ Most people think motivation brings action
- ✦ It's usually the opposite - action brings motivation

For example, what's usually the hardest part of meal planning, cooking, exercising, etc? Getting started.

- ✦ Once you start, you usually want to keep going
- ✦ That's because action brings motivation

Newton's first law of motion...

- ✦ A body in motion stays in motion - at the same speed and direction - unless acted upon by an outside force
- ✦ A body at rest stays at rest - unless acted on by an outside force.

Start small.

- ✦ Make it easy to start
- ✦ Every time you start - you build a larger neural pathway / groove in your brain
- ✦ Makes it even easier to start next time

Instead of...

- ✦ Preparing a big meal each night - make something simple
- ✦ Exercising for an hour - do a little dance
- ✦ Growing all your food - get a tomato plant

Celebrate - Brain wants to repeat what feels good.

- ✦ Brain wants to repeat what feels good
- ✦ Celebration - also makes it easier to start next time
- ✦ Do not skip this step
- ✦ Teach your brain that action = reward

Ways to celebrate - choose one - or create your own.

- ✦ Pump your fist and say, “Yes.”
- ✦ Put your hands in the air and shout, “Woohoo.”
- ✦ Jump up and down and say, “I’m awesome!”
- ✦ Do a little dance

Practice

Celebrating

How do you feel now...

...after celebrating?

Repetition rewires the mind

- ✦ Every repeated action tell your brain, “This is what we do.”
- ✦ Consistency - far more powerful than intensity.

Your mind learns from evidence - each time you prove...

- ✦ I can do hard things
- ✦ I keep promises to myself
- ✦ I finish what I start

Evidence shifts belief - and identity

- ✧ “I should eat better” - becomes...
- ✧ “I’m learning to eat better” - becomes...
- ✧ “I eat better - that’s the kind of person I am.”

The Voice Changes...

- ✦ “I can’t” and “I don’t want to” - become...
- ✦ “How can I? Let’s get it done!”

That voice that once held you back...

...now helps you move forward.

Feed the right voice - what you repeat grows stronger - and gets easier. Only allow helpful...

- ✦ Thoughts - into your mind
- ✦ Words - out of your mouth
- ✦ Words - out of other people's mouths - get away from unsupportive people

Train - don't fight

- ✦ The goal is not to defeat your mind
- ✦ The goal is to to train it
- ✦ What is hard today - becomes automatic tomorrow

The inner voice can be trained - by what you repeatedly...

- ✦ Think
- ✦ Say
- ✦ Do

Repetition rewires the mind.

At first, it pushes back...

- ✦ Your brain says, “Don’t do it.”
- ✦ It feels uncomfortable
- ✦ You must choose it on purpose

Then it switches sides - after repetition it...

- ✦ Becomes familiar
- ✦ Takes less effort
- ✦ Become automatic

What you repeat...

...becomes automatic.

At first, you push to establish the habit...

...then the habit pushes you.

While you don't control every thought that enters your mind, you can choose to...

- ✦ Be more aware of your thoughts
- ✦ Once you're aware - get the wrong thoughts out
- ✦ Refuse to let your head be a vacuum - choose good thoughts
- ✦ Reframe thoughts that don't support you
- ✦ Train your brain

7 fun steps - to changing the voice in your head

1. Notice thoughts - expect resistance - welcome it - “What took you so long?”
2. Separate yourself from thought - “That thought is not me.”
3. Reframe thought - “I choose”
4. Act - before you are ready - action increases motivation
5. Make the action small - so it's always easy
6. Celebrate
7. Repeat - it gets easier - or harder - with every action - or inaction

Let's practice with...

...exercise.

Did you just groan?

Are you aware of what you're thinking right now?

Let's get control.

Make it fun - and easy

- ✦ Dance for a second or two, or...
- ✦ Jump up and down once or twice, or...
- ✦ Something else - you choose - whatever you can safely do - and is fun

Let's use our 7 fun steps - do it with me...

1. Notice thoughts - expect resistance - welcome it - "What took you so long?"
2. Separate yourself from thought - "That thought is not me."
3. Reframe thought - "I choose... I'm going to make it fun."
4. Act - before you're ready - action creates motivation
5. Make the action small - so it's always easy - Don't think about it for another second - do it now!
6. Celebrate - How do you feel now?
7. Repeat - it gets easier - or harder - with every action - or inaction

Congratulations - you just started a neural pathway - the start of a new habit. Next time will be a tiny bit easier...

...so let's do it again...

Our 7 fun steps - once again...

1. Notice thoughts - expect resistance - welcome it - “What took you so long?”
2. Separate yourself from thought - “That thought is not me.”
3. Reframe thought - “I choose... I’m going to make it fun.”
4. Act - before you’re ready - action creates motivation
5. Make the action small - so it’s always easy - Don’t think about it for another second - do it now!
6. Celebrate - How do you feel now?
7. Repeat - it gets easier - or harder - with every action - or inaction

Congratulations - you're still alive...

...now, let's do the same thing with something else.
Let's start planning our meals for next week.

We don't have time to do it all here, so...

...let's just get a pen and paper - use use a phone,
ipad, laptop, etc. - to start.

Remember our 7 steps...

1. Notice thoughts - expect resistance - welcome it - “What took you so long?”
2. Separate yourself from thought - “That thought is not me.”
3. Reframe thought - “I choose... I’m going to make it fun.”
4. Act - before you’re ready - action creates motivation
5. Make the action small - so it’s always easy - Don’t think about it for another second - do it now! (Go to the next slide - and then come back to step 6)
6. Celebrate - How do you feel now?
7. Repeat - it gets easier - or harder - with every action - or inaction

So take 1 minute and write, “Meal Plan for the Week...”

- ✧ Sunday
 - ✧ Breakfast -
 - ✧ Lunch -
 - ✧ Dinner -
 - ✧ Snacks -

Final Practice Exercise

1. Say you want to eat more vegetables, but never seem to get started.
2. Let's go to the fridge and take out a vegetable to chop up. Maybe a carrot, celery. etc. Just take the first step - wash it.
3. If driving or not at home, just pretend - decide what you would wash and cut up.

7 steps...

1. Notice thoughts - expect resistance - welcome it - “What took you so long?”
2. Separate yourself from thought - “That thought is not me.”
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4. Act - before you’re ready - action creates motivation
5. Make the action small - so it’s always easy - Don’t think about it for another second - do it now! (Go to the next slide - and then come back to step 6)
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Give yourself a hand...

...and 100 points for each of the 3
exercises you did - 300 possible points.

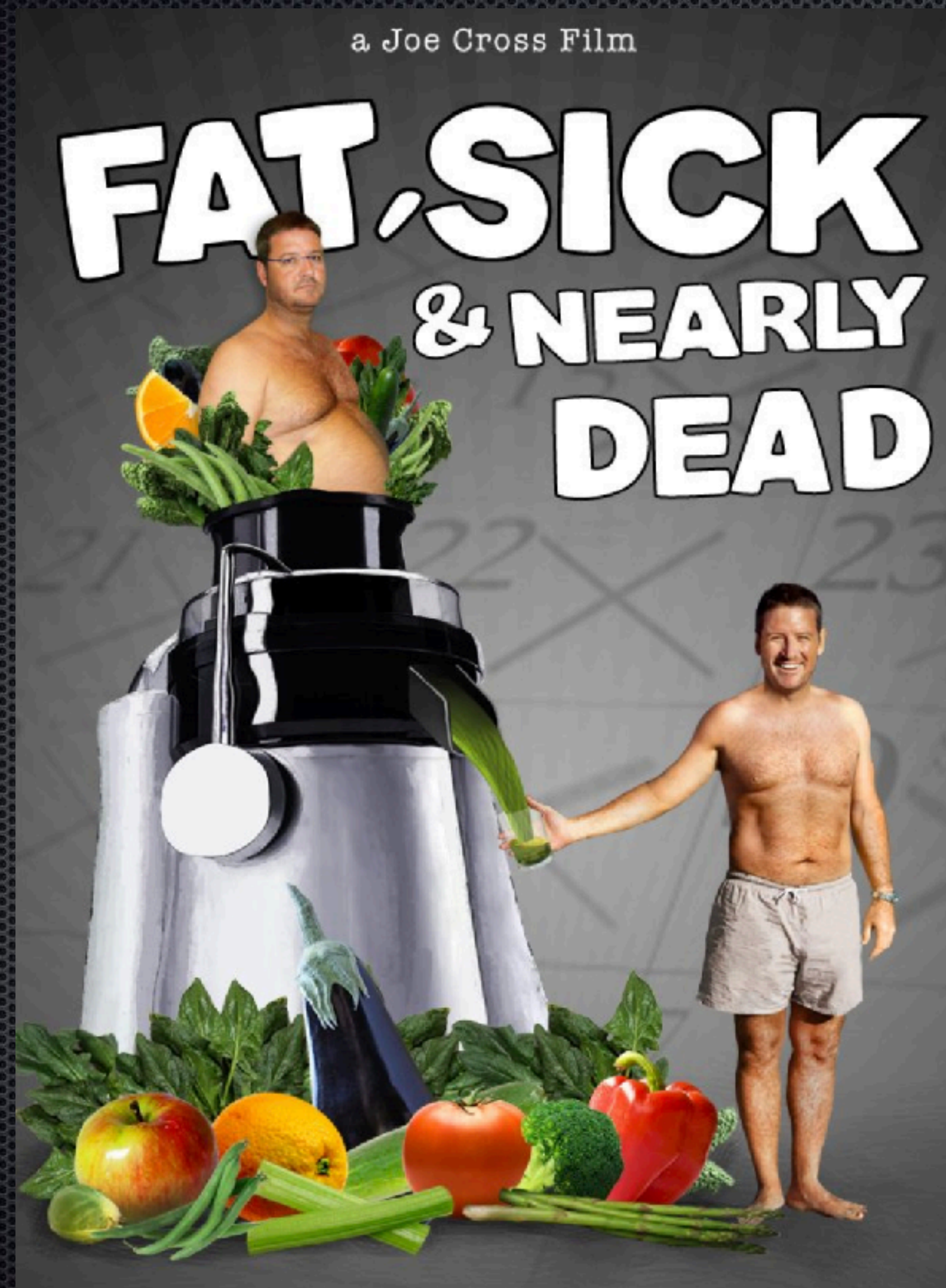
Keep these steps with you...

...when you are triggered - or struggling -
don't rely on memory. Go right to the steps.

Review...

- ✦ Your subconscious / inner voice resists change
- ✦ At first, it acts against you
- ✦ Once you train it, it supports you
- ✦ That's when everything changes - including your identity

This week's Screen Jam...



Fat, Sick, and Nearly Dead looks at juicing and the state of health in our society

- ✦ Highly entertaining film
- ✦ Many things to learn from it
- ✦ We suggest you do **not** buy a juicer after watching
- ✦ We'll talk next week about juicing and detoxes - pros and cons

This Week's Challenge...

Whenever you think, “I should” do something - but don't want to - use the 7 Steps to get control.

Checklist for Week 7

Food and Drinks

1. Fruit - 3 servings per day
2. Vegetables - 3 servings per day
3. Whole grains - 3 servings per day
4. Legumes - 1 serving per day / or just some every day
5. Nuts and Seeds - one serving (total)
6. Herbs and Spices - as many as possible

Process

7. Practice changing the voice in your head
8. Screen Jam - Fat, Sick, and Nearly Dead
9. Go all in - week 2 of 30 days
10. Make it fun

You can do it when you make it fun!

Next Week

- ✦ More about the mental game - words
- ✦ Drinks
- ✦ Help and support each other

Who won our game?

Questions?

Let's hear about your successes and failure from last week...

...and concerns and question for this week.

Cooking Jams are officially finished...

...we'll look to do a bonus session to make bread and nice cream in the near future.

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