

## Review of Session One - Powerful Brian, Healthy Body

### Thanks for attending

Thank you for attending session one of Powerful Brain – Healthy Body. Why did we choose this name for this training program? It's because we wanted to emphasize the two primary areas of focus:

- Powerful Brain - Powerful strategies to change your enduring habits
- Healthy Body - How to eat to be lean and vibrantly healthy

Not only will this training program teach you the latest information about what you need to feed your body to live a lean and vibrantly healthy life, but we will take you step by step through the process of successfully changing the enduring habits necessary to make robust health a reality.

### Our point of view

Powerful Brain – Healthy Body is based upon the following assumptions:

o We develop predictable, enduring patterns of what we typically eat and drink. We tend to think of these food and drink choices as isolated, unrelated events, yet in truth, they are often quite automatic and uncannily predictable.

o Your predictable food and drink choices are an essential part of what is often called your nutritional lifestyle.  
o Your nutritional lifestyle has huge consequences. Over time, it will have a significant impact on whether you are:

-Lean or overweight,

-Vibrantly disease resistant or frequently sick,

-Emotionally resilient or frequently depressed and anxious

-Able to maintain a sense of being centered and control in your life or frequently feeling your life is out of control, jam-packed with enduring self-defeating habits,

- Energetic, living with adequate stamina, or fatigued and easily tired

-Aging successfully so that you live longer with good health and stamina or aging rapidly so that you become frail and spend years suffering the debilitating limitations of chronic diseases,

-Influencing your loved ones to live robustly healthy lives or unintentionally training them to adopt habits that will cause them to be unhealthy and less effective for much of their lives.

### **OK, it's important, so why is it so difficult to change?**

- o Insufficient strategies – We rely on insufficient strategies like dieting or setting new year's resolutions. These rarely work long-term.
  - o Getting tripped up by "should" – We get stuck in a pattern of telling ourselves we should, have to, or must change our habits, yet we avoid taking the actual steps necessary to make effective change.
  - o Self-defeating conclusions – Our habits of thinking are often distorted rationalizations which keep us from embracing effective change strategies.
  - o Failure to realistically address the emotional component of change – We fail to honestly evaluate what we really want so we get stuck making impulsive, emotionally based decisions.
  - o Relying on information alone as the mechanism of change – Information alone is rarely sufficient to empower lasting change in enduring, automatic habits. Changing habits takes additional steps beyond merely knowing what is good for you.
  - o Lack of support – Those closest to us often become our greatest obstacles to successful change. Lack of support from friends, co-workers and family makes changing your nutritional lifestyle more challenging.
- Powerful Brain – Healthy Body is different
- o This is a group training, a structured change experience; not merely a class on food or an educational course.
  - o It is based on evidence-based approaches that are backed up by the latest research on how the brain develops automated habit pathways.
  - o We will guide you step – by – step through this change process. This approach does not rely on steel -jawed will power.
  - o You will have the opportunity to decide on what you, in your heart of hearts, really want to change. The choice is up to you!
  - o The goal is to empower you to successfully change the habits you want to change; we are much less concerned that you can get the answers right on a quiz.
  - o However, you will be taught the basics of what your body really needs so you can recognize with clarity what is robustly healthy and what is not.

### **What is our purpose?**

Our purpose is to create a fun, exciting, challenging training experience that gives you everything you need to victoriously achieve what you really want. Remember:

- o Victory is not just knowing more, Information by itself rarely changes habits
- o Victory is not forcing yourself, by sheer willpower, to temporarily lose weight
- o Victory is not staying on a diet, there will be no diet
- o Victory is not losing weight, yet you will if that's an issue for you
- o Victory is acquiring new, more powerful thinking habits
- o Victory is acquiring new, more powerful food choice habits
- o Victory is when, as a natural way of life, your daily food choices cause your body to be healthy, energetic, lean, and disease resistant; free from chronic diseases and rapid aging.

### **The 7 keys to Success**

This experience can merely be a great class, or it can be a life changing experience. The choice is up to you. If you would like it to be a life changing experience, it is important that you clarify your willingness to make seven commitments. These commitments will drive your success. Failure in any of them will seriously limit the chances of your success. Please honestly evaluate your willingness to make each of the following commitments. Will you:

1. **Be fully Involved in this experience** – This involves more than detached (or even interested) observation. To be fully involved means you will ask questions, participate in the discussions, share your opinions, offer support to each other, be friendly and approachable, and keep your commitments.

2. **Be brutally honest with yourself** – When asked to evaluate your motivation and behavior patterns, avoid the easy, superficial, or socially acceptable answers.

3. **Be willing to challenge old habits of thinking** – Your habits of thinking keep you chained to old habits of behavior. Be brutally honest with yourself and let go of defensive posturing as you are taught new ways to approach change.

4. **Be open-minded and curious about new possibilities** – Don't rigidly hold onto proving that you are right about not being able or even willing to change. Don't let your fear of failure be more important to you than your desire to enjoy the wonderful benefits in store for you as you acquire your new lifestyle.

5. **Be willing to take responsibility for your actions** – Your personal power to change is activated when you embrace your responsibility for your thinking, feelings, and behavior. You lose power when you attempt to transfer responsibility to your environment or upbringing. Don't deny, but rather acknowledge your agency. It's refreshing to put yourself in a position to grow and change.

6. **Actually do it – don't just think about it** – Do your homework, try out new approaches, give yourself permission to change and grow.

7. **Attend all 4 sessions (and try to be on time)** – Think about it, in only 8 weeks from today, you will have successfully changed your life and be enjoying all the incredible benefits. In eight weeks, as a natural way of

life, your daily food choices will cause your body to be healthy, energetic, thin, and disease resistant. You will no longer be on the conveyer belt leading to chronic diseases and rapid aging. You must do this for yourself, yet your growth will bless the lives of everyone around you. Pretty cool!

**Think about it!**

*"There is more in us than we know. If we can be made to see it, perhaps, for the rest of our lives, we will be unwilling to settle for less."* – Kurt Hahn

*"The difference between what we do and what we are capable of doing would suffice to solve most of the world's Problems."* – Mahatma Gandhi

*"Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did do. So throw off the bowlines. Explore. Dream. Discover."* – Unknown

*"Our health always seems so much more valuable after we lose it."* – Unknown