



Rose Coaching
 Time Management
 Stress Management
 Work/Life Balance Strategies

Transforming the life you have into the life you want
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Quick Word Substitute Chart – Tool for Changing the direction of your thoughts

As some may know, I, myself, have lost 100 pounds and have kept it off for a few years. I did this by getting involved in swing and partner dancing (as a fun way to increase my physical activity) and changing the way I thought about my body and food.

I now teach swing and partner dancing. I am also a personal life coach that assists folks with various life choices through healthy balanced life strategies, time management tips, self-development and growth.

This was a great adventure for me. My intent is to continue to encourage and support folks with similar goals.

Law of Attraction: “Without exception that which you give thought to is that which you begin to invite into your experience”. Abraham Hicks.

In essence, we attract what we think about. Therefore, if I am focused on the fact that I am fat, overweight, I need to lose several pounds; I need to change this bad habit. etc --- pounds, fat, excess weight, the bad habit is what I will attract. I will get more of the same (I will attract more weight, more fat, continuation of the bad habit, more of the things I do not want). However, if I focus on what I really want and why I want it – I will be more successful. For instance, I don’t really want to lose weight. What I really want is to have a healthy lifestyle, a slim, trim, lean body, be energized, vital, flexible, agile, and happy. I don’t really want to stop the bad habit of eating in front of the TV. I want to get out of the house, meet different people, and socialize with friendly folks that are in harmony with my same interests, goals and desires. If I focus my energies in this way, all the other stuff disappears. Here are some simple word substitutions will help us set the right mood and attitude for a successful, fun and easy journey.

Please continue to add and modify with words and situations that best connect with you.

Word Substitution

Lose weight	Creating a lean and healthy body
I am fat, overweight. I need to lose weight.	My true self is lean, fit, and healthy. This is just a temporary misalignment. And I’m well on my way to closing that gap. Success is inevitable, because my true self is already there.
I hate my body. I hate the way I look.	I love my body. My body is an amazing apparatus. It’s amazing how the heart pumps the blood to all my muscles, tissues, and bones. It’s amazing how I can move and flex. Its fun to visualize all the body parts working and collaborating together as I walk, dance, play, jog, etc I

	<p>can accomplish so much because of this wonderful vehicle. It's inspiring to me to visualize how all the muscles, tissues, veins, cells and organs work together. And this amazing apparatus was created just for ME!</p>
<p>I need to lose 25-50 pounds....</p>	<p>I have an amazing body. I am at ease with where I am today, and am excitedly anticipating where I am going. I look and feel fabulous. I've really come a long way in the way I feel and think about food, exercise and life in general. This feeling will just get better and better. This process will take on a mind of its own. It will start to be automatic and get easier and easier.</p>
<p>I know "breakfast is the most important meal of the day" – but I'm not hungry or am too much of a rush to eat. And I don't like the normal breakfast foods.</p>	<p>Breakfast – is just a "break from fasting". There's no such thing as "breakfast food". Putting something in our tummy as we start the day, is like putting clean-burning fuel in the car when it's running on empty. If my goal is to get my metabolism burning hot for as long as I can, I need to put the right fuel on the fire. If my goal is to start burning fat from the time I wake up until the time I going to bed – I will want to kick-start that fat burning process as soon as I can, and continue to fuel it around 5-6 times a day (or every 2.5-3 hours). I can do this with the right type of fuel relatively soon after I rise. I can grab an apple, or a previously prepared hard-boiled egg or some other quick item on my way out. It doesn't have to be elaborate. Just something small and appropriate to get my body's metabolism to take notice and say – "ah – I got some good, clean fuel and my engines are revving now".</p>
<p>Dieting</p>	<p>My goal is a healthy lifestyle. I eat the right foods, at the right times, and the right portions – for my specific body type. There are so many healthy foods out there. And it doesn't really matter which healthy food I select. It only matters how I feel when I eat them.</p>
<p>Diet pills, protein bars,</p>	<p>I know many people enjoy and use diet pills and protein bars. They are useful to people to motivate and temporarily get them through some tricky times. Everyone is different. I like and enjoy the non-processed, whole, clean choices I am making. That's the best fuel for my lovely body. My body knows exactly what to do with the high octane fuel I am putting in it. It burns clean, light, natural and efficient. I like the idea of allowing my body to fully run like it's naturally supposed to run.</p>
<p>Avoiding sugars and fatty foods, sodium</p>	<p>I enjoy healthy, non-processed, whole foods like beautiful fruits and vegetables. Prepackaged foods and bars contain</p>

	<p>additional preservatives, chemicals, sugars and sodium for a long shelf life. My wonderful body works best on clean, natural foods. No foods are really bad for me. There are just certain foods that are more beneficial to me.</p>
<p>I have to ignore my sweet tooth</p>	<p>I'll have some healthy fruit to appease my sweet tooth.</p>
<p>I just blew my diet. I really messed up. I'll never be successful.</p>	<p>There's no "end-date" on this lifestyle change. This isn't a diet, so I can't really "blow it". I've come a long way. I've successfully increased my metabolism. I have a high-energy, fat burning metabolism now. So that piece of pizza or piece of chocolate cake won't hurt me that much. I've reprogrammed my body to better handle these infrequent items. It's not a big deal. This won't send me into a binge-ing spiral. I know too much about how my body works. I've come too far to allow this to bother me. Even though I feel okay about it now, and it's not a big deal.</p> <p>I will remember that I felt lousy right after I ate it – and the temporary taste wasn't worth the lousy feeling afterwards. And I am very proud that I didn't allow this lousy feeling to continue to pull in into a downward spiral. This is a great realization and learning experience.</p>
<p>I made a bad decision today.</p>	<p>Decisions are neither good nor bad. Decisions only give results.</p> <p>And there can only be two types of results:</p> <ol style="list-style-type: none"> 1) What we deem as "good" happens – which brings us closer to our goals. 2) Something that we need to be aware of, so that "good" happens – which also bring us closer to our goals. <p>Therefore, all decisions (and therefore results) bring us closer to our goals. You can never make a wrong decision. The only mistake we might sometimes make – is not making a decision or taking too long to make a decision. This, in itself, isn't wrong or bad. This just slows down our progress toward our goals. If I am avoiding a decision – I just need to ask myself, why am I avoiding and resisting success (since no decision is wrong)?</p> <p>Every action or experience we have clarifies what we really want, and always bring us closer to it.</p>
<p>I need to stay away from fat and carbs</p>	<p>Fat and carbs are essential to a balanced lifestyle. And I already get the proper amount of fat and complex carbs from healthy grains, nuts, lean meats, clean whole-fresh foods. I don't need to supplement it with additional</p>

	prepackaged or processed cakes, cookies or crackers.
<p>I'm wearing bagging things because I don't want to spend money on new clothes – until I get to my ideal body weight. But I feel untidy, sluggish, and not attractive.</p>	<p>It's important to feel good about myself at all times. Feeling good, looking good, smelling good are important mood enhancement activities that increase my endorphins, energy level and activity levels for high-efficient, fuel efficient, reduced stress scenarios. I'm wearing things that make me feel good, alive, energetic, handsome and attractive. I add jewelry, ties, accessories, a new haircut, hair highlights, grow or shave the beard – things that are less likely to change as my body changes. I can purchase cinch-clips to help fit some of the in-between clothes. I do buy some new clothes along the way, as a way to recognize my accomplishments and show-off my new body. I don't want to spend my entire budget, because this is just a pit stop. But I want to continually feel good and at ease with where I am, and excitedly anticipating where I am going. I have made some friends along the same path. I give my old clothes to friends on the same path. And they do the same for me.</p>
<p>It's taking me so long. And I have so far to go.</p>	<p>I've come along way. I look fabulous now. I'm already getting many compliments. I'm doing all the right things. Success is inevitable.</p>
<p>I'll never be able to get to my goal. I've started and stopped too many times before.</p>	<p>Success is inevitable. With every step and turn – I've learned something new and experienced something that has made me richer and more determined. Because of my past experiences, I am a different person today. Those things cannot happen again, in exactly the same way as before – because I'm not the same person I was back then. I can't be less than what I have already become. That's just not possible. I know too much. I also think about the GPS systems in cars these days. It takes a long time to get from Miami, FL to San Diego, CA. There are also a multiple of paths and side-routes between here and there. But I have my trusty GPS system. I can choose to go the quickest route, the most scenic route, the route with the most highways, the routes with the fewest highways, etc I have my routes plotted (which I can mix/match and change whenever I want), and my trusty GPS system highlights the method that I previously selected. And if I</p>

	<p>deviate slightly or get lost for awhile – I am not worried or depressed. When I’m ready, my trusty GPS system just tells me to “please return to the highlighted route”. And off I go.</p> <p>I’m never worried that I won’t or can’t get to San Diego, CA.</p> <p>Success is inevitable.</p>
<p>I don’t have control of my pantry. It’s easy for single folks. But I have a family that can eat whatever they want and not gain weight.</p>	<p>Everyone is different. I’m glad my family has a great metabolism that allows them to eat many different things. I remember when I was that young and was able to burn off everything I ate. I can still cook and prepare healthy meals that everyone can enjoy. I can also ask my family for their help and support. I also don’t have to feel responsible for cooking two separate, diametrically opposed meals (one for them and one for me). I will cook and prepare healthy meals that everyone can enjoy. If some family members do not choose to eat what I cook, I will encourage and support them cooking and preparing their own meals – maybe even from their own budget.</p>
<p>I need my comfort foods.</p>	<p>In the past, food has been a great comfort to me. There’s nothing wrong with getting some temporary relief. But – if I find that I am continuing to turn to food – then I’m not really fixing the problem that is causing the discomfort or emotional upheaval. And then I feel even worst.</p> <p>I can get comfort from other things that are maybe better for me than food Maybe I can spend some time brainstorming on a solution to the real issue.</p> <p>Maybe I can call a buddy or friend, or talk out the problem. Walking or similar activities will also help my stress levels better than eating.</p>
<p>Avoiding carbs, breads, pasta</p>	<p>I am enjoying complex carbs and whole foods. I combine complex carbs with protein, because protein has the best chemical reaction with complex carbs. Protein helps break down and burn complex carbs easily – and avoids storing it as fat.</p> <p>I focus on eating things that are more beneficial to my body.</p>
<p>Avoiding soda, caffeine,</p>	<p>As I drink plenty of refreshing water, I visualize it washing all the fat from my system. I visualize a waterfall within me, cleaning out my system.</p>
<p>I have to limit my food selections. I have to eat celery and carrots.</p>	<p>There are many different kinds of foods that are beneficial and fit my body type. I can eat things that I like, more often. To keep my metabolism burning high, I want to eat</p>

	small snacks/meals every 2.5 to 3 hours.
It's hard to motivate myself to work out	<p>It will get easier. As I lose more weight, I will get more energy and want to move more. As I get more active, I will constantly be on the lookout of what looks like fun things to do and try. It will get easier. If I don't feel like working out today, that's okay. I will listen to how I feel, and what my body is telling me. Instead – I'll just stretch a little now... AND I'll just visualize for a few moments how it would feel to work out, how it would feel right after, how it will release some stress. I will imagine the endorphins kicking in. If I still don't feel inspired, that's okay. I've laid the ground work for a successful routine next time.</p> <p>I automatically dress in some nice looking workout clothes...things I feel good in. Then when the urge comes to walk around the block comes – I just go. And/or call someone to walk with me.</p> <p>I park away from the store/office building and walk. I take the steps versus elevators or escalator.</p>
I'm stressed and overworked. I don't have time to work out.	<p>I do feel a little stressed and tight. I also feel really sluggish today. I'm not in a good mood. I don't want to feel this way. It's not fun.</p> <p>So - This is a perfect time to take a break. Exercising releases endorphins that reduces stress, energizes and revitalizes. I will be more productive once that natural chemical reaction kicks-in. Stretching and doing some level of activity makes me feel better. I can stretch at my desk; take out my resistant bands for some muscle toning, walk around the building. None of these take very long to do. And I can do it several times throughout my day.</p>
Heavy explosive workouts	Slow and steady wins the race (slow twitch fiber burns fats). I don't have to work out very hard. Long periods of rhythmic aerobic is better for burning fat for fuel.
exercise	Reshaping my body. As I do these various routines and activities I visualize how my body is changing and reshaping.
Pumping iron	<p>I am toning and shaping my lean muscles – so that they can more efficiently burn fat for fuel. Muscle is what burns the fat – when I am not exercising. Muscle is what burns the fat when I am resting, sitting or at play.</p> <p>I am sculpting and toning my body. Precision body sculpting includes</p> <ul style="list-style-type: none"> • Specifically applied resistance

	<ul style="list-style-type: none"> • Nutrition • Rest.
Fat burning	Increasing my metabolism
Working out	<p>Breathing your way to a new you</p> <p>Dancing through life</p> <p>Swimming to sculpt</p> <p>Walking away from the stress</p>
Jogging, treadmill	<p>Walking, swimming, hiking, biking, dancing, pick something you love doing. Change it around and mix it up. Continuously be on the lookout for more fun and exciting things to try.</p>
Hard to stay on track, when I'm alone and at home. I snack a lot when I'm alone.	<p>Get out of the house, go dancing, go to the bookstore and read/study, go to the movies, visit friends. Distract with fun activities that is not associated with snacks or food. The better I feel, and the more energy I have – the more I will want to be around others with the same goals. As I do this more and more, I will be attracting more opportunities to do this more and more. I want to attract more of this.</p>
Holidays and parties are big pitfalls	<p>The Holidays are wonderful. Its great seeing and being with family and friends. I can't wait for them to see the new me. I can't wait for them to try out the healthy dish that I will bring to the party. Bringing a healthy dish allows me to have something fun to eat and share without feeling guilty afterwards. And there's always a vegetable or salad dish there.</p> <p>My friends have a great house with many different rooms. I'll spend most of my time by the pool or on the dancefloor or in the den catching up with friends. I won't be around the kitchen. I also ate something before the party, so I won't be very hungry and will be in better shape to stay out of the kitchen/food area.</p>
There's lots of drinking and alcohol at parties. Alcohol is full of sugars and calories. I know I need to stay away from alcohol to accomplish my goals – but I also want to be part of the fun.	Soda water with a lime looks like an alcoholic drink. I can still psychologically feel part of the crowd without the guilty or consequences of drinking.
Need to go to the gym 3 times a week, and work out.	I want to increase my activity level a little every week/every day. I want to mix up my aerobic and toning routines. I want to do something fun every day.
Starving myself	I want to increase my energy levels, by eating smaller meals more often.

Sweating and working out until I'm exhausted.	I want to do exciting and fun activities that makes me feel vibrant, energetic, eager
Have to change my bad habits....	I want to add some new activities....Listening to music while I walk or jog, breathing, meditating, walking, dancing, meeting friends. When I focus on adding new activities and habits, the "bad" habits automatically and easily disappear.
Motivate to avoid a consequence	Inspired to align myself with my true self.