

COMMITMENT

Your Commitment to losing weight must be epic.

If I told you that I would give you 10 million if you stayed on your protocol or kill someone you loved if you didn't, the decision would be easy. This gives you tremendous freedom. This gives you the ability to override willpower depletion. This work is as good as done when your reason for doing it is more compelling than the physical cravings and emotional desire.

1. Why do you want to lose?
2. Is your reason compelling enough to keep you from ever overeating?
3. Are you willing to give up food as you know it to have freedom from overeating and being overweight?
4. Can you live without the escape and buffering that food provides?



COMMITMENT

Your Commitment to losing weight must be epic.

If I told you that I would give you 10 million if you stayed on your protocol or kill someone you loved if you didn't, the decision would be easy. This gives you tremendous freedom. This gives you the ability to override willpower depletion. This work is as good as done when your reason for doing it is more compelling than the physical cravings and emotional desire.

5. Are you willing to feel worse before you feel better?
6. Will you continue even when results do not come quickly?
7. Can you embrace not being normal, so you are not overweight like most normal people?
Why or why not?
8. How will you fulfill this in commitment to yourself?

