

"Whether I fail or succeed shall be no man's doing but my own. I am the force." Elaine Maxwell

What is the Real Problem?

By Ira Weil: Your Partner, Your Life Coach

Today I start my diet and I am motivated.

Two weeks later, I am happy because I have lost 10 pounds.

Two months later, I cannot believe my eyes when I see that I gained 20 pounds!

On Monday I'm going to start a diet.

Two weeks later, I am thrilled because I have lost 12 pounds.

Three months later, I cannot believe my eyes when I see that I gained 35 pounds!

Does this pattern sound familiar? Whether it's with a soup diet or with cleansing shakes; whether you're taking diet pills or eating special cookies; the results always seem to remain the same. The goal you set is to lose weight and over that period of time your mind is consciously working towards achieving the goal that you set at the beginning, only to fail by the end.

The problem is not in how to lose the weight; it is in how to maintain the ideal weight. The questions that arise are: What is the real problem? How can I keep the weight off? What triggers my ferocious appetite? What makes me stop eating the fruits and vegetables that do me so much good? What stops me from going out for a walk or jog in the park? Why am I compelled to finish every last French fry on my plate?

The answers to each of those questions are unique, but they all have one common denominator: it is the person answering those questions who needs to discover the heart of their own problem, and until he or she does so, the pounds will continue to increase and decrease uncontrollably. As long as we are dishonest in our dietary journey, and as long as we are unable to identify what it is that is truly blocking us from our path to success, the shift that we so desire will never take place.

Remember that everything is possible, so aim for an honest and successful story!