



The First Five Pounds Fast Action Plan

Print this out and plan your success.

Ritual 1: Drinking Water

A good rule of thumb for figuring out how much water to drink is at least half of your body weight in ounces. (example: 150 pounds would be 75 ounces/day) .

Ritual Alert: Now that you know how much water you should drink, decide how you're going to measure it (ex: 12 12ounce glasses, 2 64ounce containers) 2 64 ounce containers is better because it is easier to keep track of. Also, plan out during the day when you're going to have the water consumed by (I use a 33.6 ounce Sigg bottle, and make sure that I drink one by 12pm and at least another 2 for the day)

Action Step: Write down how many ounces a day you should drink, what you're going to drink your water out of and how you're going to space it throughout the day.

Ritual 2: Breathing

You need more oxygen in your body. To accomplish this, you can use this simple 1-4-2 breathing exercise. Listen to the video to learn how to do it.

Ritual Alert: Think about the time of day and place where it will be easiest to do your breathing exercise, remember you're planning for the long term.

Action Step: Write down when and where you're going to do your breathing exercises.

Ritual 3: Relaxation

The progressive relaxation and tense and release techniques are perfect for instantly transforming your physical, mental and emotional state.

Ritual Alert: When will it serve you best to relax during the day? For example, if you relaxed before you sat down for dinner or as you were lying in bed to go to sleep, how would that affect you?

Action Step: Write down when and where you're going to do your relaxation exercises.

Ritual 4: Eating

A simple plan to follow in the beginning that is going to give you amazing results is to focus on eating more LIVE FOODS each day.

Ritual Alert: This isn't about giving up foods, it's about eating the right foods. Break up the servings throughout the day, so that you're getting some live foods with every meal. Also, brainstorm lots of alternatives (different kinds of fruits, greens, vegetables, nuts).

Other eating ideas: The following things will help you to drop the weight quicker:

- Cut down or eliminate alcohol
- Don't eat after 8pm (or eat lightly)

- Cut down on grains
- Add a salad to lunch and dinner
- Cut down or eliminate dairy
- Eat breakfast
- Avoid getting too hungry OR too full

Action Step: Brainstorm the foods you're going to eat and when you're going to eat them.

Ritual 5: Stretching/Exercising

I want you to think about SLIGHTLY increasing what you're currently doing. (if you've been doing nothing , you can start with 5 minutes of walking a day)

Ritual Alert: The main focus here is on building a long term routine, resist the urge to jump into an extreme program. Start with where you are and slowly build up, consistency is the most important factor here because it is ultimately what's going to give you the best results.

Action Step: Write down what exercise you'd like to do, where you'll do it, when you'll do it, what you're going to wear when you do it.

Ritual 6: Sleep

Sleep is one of the easiest ways to increase your chances of success.

Ritual Alert: Create a bedtime routine that helps you fall asleep. Work on going to sleep the same way every night.

Action Step: When would you like to go to sleep on weeknights?
Weekends? What do you need to do to ensure you get to bed by that time?
What could you do before bed to help you sleep better?

Ritual 7: Mental Programming

This is going to be the foundation for your success. This 5 minutes a day is going to influence everything else that you do, so commit to making this a habit. Watch the video to learn the technique.

Ritual Alert: You can increase the craving for this process by making it more ritualized. Some ways to do that are to light a candle or incense, put on music, sit in a special chair or lay on the floor or bed, take a bath first, etc. The secret is to make it an enjoyable experience, so that you automatically look forward to it.

Action Step: Write down when and where you're going to do your mental programming.

Ritual 8: Emotions

You want to live a lifestyle that is enjoyable, so make sure you plan to do things that are fun.

Ritual Alert: It doesn't take long to implement fun things into your life. Once you start doing them you'll quickly find yourself looking forward to the next time you can do it again.

Action Step: Write down some things you enjoy doing or would like to start doing. Describe what effect doing these things would have on your overall mood. Then choose one thing to start doing this week. Describe what you will do, when and for how long.
