

# The First Five Pounds Blueprint

8 Rituals For Automatic Weight Loss

# Overview

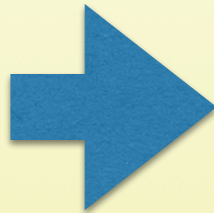
- Calorie Consumption main influence on your weight
- An Ounce of Prevention
- Bigger Picture
- You don't need to change everything immediately
- Not All or Nothing- Learn from mistakes

# Overview

Willpower



Your  
State



Eating/Exercising = Your Weight



Diets & Workouts

definition: the particular condition that someone is in at a specific time.

# Ritual 1: Water

- Reduces hunger by making you feel fuller
- Lubricates your joints and make you more comfortable
- Replace caloric beverages with water
- Half of your body weight in ounces

# Ritual 2: Breathing

- Powerful way to influence your moods
- Helps create more energy
- Reduces Stress
- 1-4-2 Breathing Technique

# Ritual 3: Relaxation

- Improves mood and sense of well being
- Reduces stress hormones
- Improves concentration and focus
- Reduces anger and frustration
- Progressive Relaxation Technique

# Ritual 4: Eating

- Crave nourishment
- Avoid craving causing foods
- Recognize patterns
- Focus on what you're going to eat

# Ritual 5: Exercising/ Stretching

- Gradual implementation
- Focus on comfort and energy
- Can't out-train a bad diet
- Consistency trumps intensity



# Ritual 6: Sleep

- Improves decision making
- Helps you to burn more calories
- Gives you more energy
- Improve your sleep routine

# Ritual 7: Mental Programming

- Your chance to strategize
- Rewriting your behaviors
- Solution oriented
- “Theater of the Mind” Technique

# Ritual 8: Emotions

- Emotional eating
- What feelings do you want
- Hobbies and Interests
- This is all about feeling good

# The 8 Healthy Lifestyle Rituals

Breathing

Relaxation

Water

Eating

Sleep

Emotions

Mental

Exercise/  
Stretching

Programming