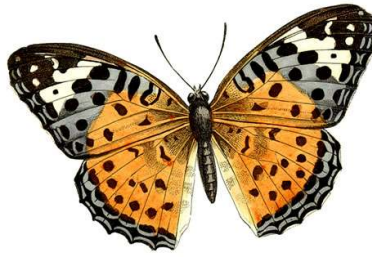


Weight Balance ~ Keys to Success



Welcome!

The tips presented here are intended to help you with weight balance and feeling better about your self.

I recommend clearly defining your desire and setting your intention before beginning any new change.

Take a few moments and think about your desire and what you intend from that desire. The clearer you can get the better!

If you haven't learned how to use EFT <http://tinyurl.com/2ls96h> or ZPoint <http://tinyurl.com/2okf6g>, do this as soon as you can! They are valuable, enriching techniques designed to help you with change!

Blessings,

Debra

Weight Balance ~ Keys to Success

1. DRINK MORE WATER!



Photo Courtesy PDPPhoto.org

Why do we continue to hear this?

First and foremost, water is essential to life!

It also has ZERO calories! Drinking sufficient quantities of water keeps you from confusing thirst with hunger. And water helps maintain your metabolism in proper working order.

Start by drinking one extra glass of water per day for the next week & one less sweetened drink!

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2. CREATE MORE MOVEMENT IN YOUR LIFE!



Photo Courtesy FWS.gov

Forget the word exercise for awhile & use the word **movement** instead. Your body was designed to move and not remain stationary. Know that your body WANTS you to move in ways that feel good and are good for you.

Walking is one of the easiest and best movements you can do! Even something as simple as walking around during the TV commercials will benefit you!

Try dancing to your favorite music! Make your movement fun and enjoyable! An excellent program to try is Dr. Silvia Hartmann's Energy Dancing, click <http://tinyurl.com/2l6qs7> to find out more! *(Scroll about half way down the page.)*

Ok, you get the idea...

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3. BE NICER TO YOURSELF, RIGHT NOW!



Anger, guilt, blame, resentment are heavy baggage and difficult to carry around! Let go of the past and this extra weight!

Consider how much negative self talk you may have going on each day! Negative thoughts are powerful and may be stubborn, but you can change this!

Begin with some simple, positive affirmations (like the ones listed below) and then use EFT and ZPoint to help you clear out feelings weighing you down and replace them with wonderful new feelings!

“I approve of myself.”

“I accept myself for who I am.”

“I let go of the past, it’s over.”

“I am allowing myself to feel better, right now!”

Weight Balance ~ Keys to Success

4. EAT **SMALLER** PORTIONS!



Photo Courtesy PDPhoto.org

No matter what you eat – **DO NOT OVERSIZE IT** unless you want to become or remain **OVERSIZED!**

Sure, it sounds like you are getting a great deal at the time, but in the long run...all you are getting is more of what you don't want! More weight, more fat, more fatigue and more unhealthiness!

It still amazes me how large the serving sizes are in this country! Personally, I'd rather have smaller, high quality servings, wouldn't you?

This is one area where EFT can work wonders! For example, if you hold a belief that you 'must clean your plate' - use EFT to change this pattern!

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5. REST YOUR MIND!



Photo © 2007 Debra Want

Stress is a number one factor in many areas of life. Find YOUR WAY to rest your mind.

It may be sitting quietly in your favorite chair, meditation; listening to soft music, walking in nature...you already know what feels best for you.

Use this time to let go and get back in touch with YOU.

Set aside time each day to rest and get away from stress...even 10 minutes can be highly effective!

YOU DESERVE THIS!

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6. HAVE FUN AND LAUGH MORE OFTEN!



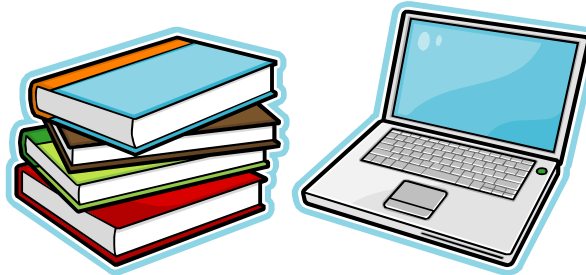
Having fun and laughing not only feel good; they create all kinds of wonderful, healthy responses in our bodies! As adults, we often find it more difficult to have fun than we did as children.

Having fun doesn't have to be difficult. Try buying some crayons and a coloring book or get some bubbles, sidewalk chalk, or some silly putty. These may seem childish to do, but you'll be amazed at what happens if you get them and USE them! Get creative!

Open up to your inner child and remember what things are truly fun for you!

Weight Balance ~ Keys to Success

7. READ AND LEARN MORE ABOUT DIETS, EXERCISE, AND SUPPLEMENTS.



The amount of information on TV, in magazines and via the internet on these three topics is overwhelming! How does one know what's NOT just hyped up advertising? Good question!

We are each different in many ways. A diet, exercise plan or supplement that works for one person may not work at all for another. Give consideration to things that others may recommend, but find out what you can about it before proceeding.

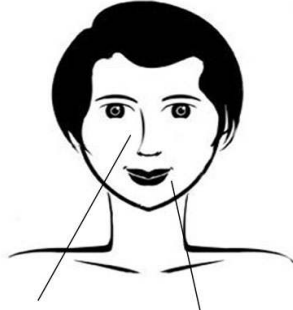
READ AND LEARN FOR YOURSELF!

Then go with what feels right for you.

Of course, it is a good idea to check with your health care provider before starting any new program or supplement!

Weight Balance ~ Keys to Success

8. BREATHING, WHERE WOULD YOU BE WITHOUT IT? 😊
TAKE MORE DEEP BREATHS - MORE OFTEN!



1. Breathe in through your nose while you focus on the top of your head.
2. Exhale through your mouth while focusing on your toes.

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Deep breathing is extremely important to your overall health. Start taking in and exhaling deeper breaths right away!

You'll begin to feel calmer, less stressed and anxious! As you practice deep breathing more often, you send important messages to your body, letting it know you are in control! Not to mention all the wonderful health benefits you get from deep breathing!

WHY NOT TAKE SEVERAL DEEP BREATHS RIGHT NOW?

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9. TAKE SMALL STEPS!



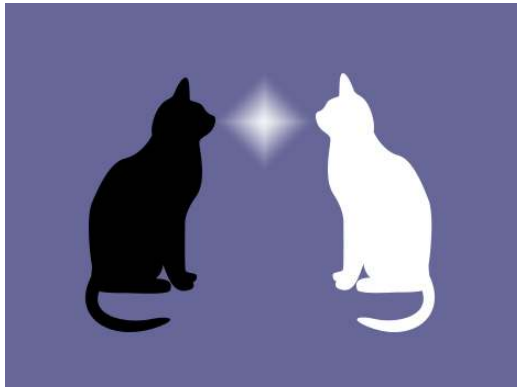
No matter what change you are going for, give yourself the opportunity to do this in small steps. Set realistic expectations as well.

Unless you are someone competing in the Olympics – attempting to take giant leaps attached to extreme goals may be a form of self-sabotage! While there are people who can accomplish their goals in leaps and bounds, most of us need to take gentle, small steps. And allow ourselves to adjust as we go. As you gain momentum, your steps & goals can grow!

REVIEW YOUR DESIRE AND SEE WHAT SMALL STEPS YOU CAN TAKE!

Weight Balance ~ Keys to Success

10. POWER UP YOUR ABILITY TO MAKE AND MAINTAIN POSITIVE CHANGES IN YOUR LIFE!



Sharing Love © 2007 Debra Want

HOW? Start by replacing those thoughts that create feelings of unworthiness, self-doubt and worry with positive affirmations! It will make a difference! Choose one positive affirmation and stay with it for awhile. Try this for a week and notice the differences you feel.

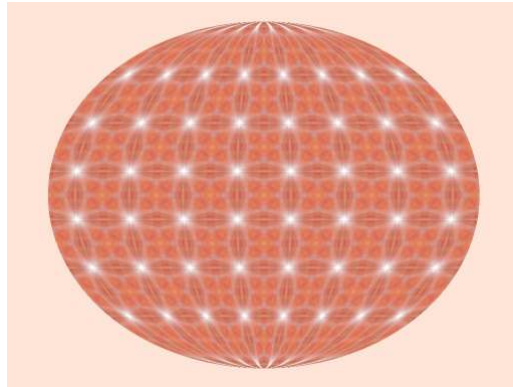
Learn how to use EFT and ZPoint Techniques. Both techniques are easy to learn and use. You can begin applying them in your life today to help motivate you, eliminate cravings, release limiting beliefs and best of all - maintain the changes you achieve!

WHY NOT DO THIS RIGHT NOW?

Weight Balance ~ Keys to Success

1. Drink more **water!**
2. Create more **movement** in your life!
3. Be **nicer** to yourself, right now!
4. Eat **smaller** portions!
5. Rest your mind!
6. Have **fun and laugh** more often!
7. **Read and learn** more about diets, exercise, and supplements.
8. **Breathing**, where would you be without it? 😊
Take more deep breaths – more often!
9. Take **small steps!**
10. **Power up** your ability to make and maintain positive changes in your life by using positive affirmations and Energy Therapy techniques!

Weight Balance ~ Keys to Success



The Matrix © 2007 Debra Want

LET YOUR LIGHT SHINE!

I hope you've enjoyed these 10 Keys to Success! They are simple ways you can begin to feel better each and every day!

Although using the 10 keys is a great place to start, why not add some of your own ideas? Ideas you know will fit into your life and that will make a difference! Remember, all these small things add up to help you create the BIG changes you desire!

And, if you are truly serious about making changes in your life, and want to be supported in those changes, consider the Weight Balance Online Course at www.changewitheft.com/the-weight-balance-online-course.html or the hardcopy or digital Programs at www.beginweightbalance.com.

Share these keys with family, friends, or anyone you know who might benefit. For more tips, updates, occasional freebies, sign-up for my Newsletter at www.changewitheft.com. By the way, you'll get a free gift as my way of saying Thank You!

Many Blessings to all!