



The Eyes of Horus

Empower your inner self to mental, emotional and spiritual solutions using Hypnotherapy and NLP

How to Set and Achieve Your Eating and Weight Goals

You have decided it is time to get your weight under control. You have listened to what others have done and said. These people are experts and so it must be right. But have you set a goal for what you want to achieve? For weight control, a goal is very important because it focuses you on what it is you want and why.

What is the goal you have for yourself and your body? Many people I speak to say they want to get down to a specific weight such as 65 kilograms. They then work very hard to try and achieve their goal; exercising really hard and eating a lot less and then they finally get there. Now the motivation is gone and they go back to their old habits and just put the weight back on.

Is that what you want? Instead, what do you really want by getting your weight under control? Is it about achieving a certain body shape so you can fit into clothes that you use to wear? Is it to be healthy so you can be around longer for your children? Is it to be fit so you can run a marathon and tell people that you have done it? No matter what it is for you, unless you can identify it for yourself then you will not be able to achieve it and keep the control.

To set a goal, you can use the **SMART** method. This is a formula for setting goals which make them more achievable. I want you now to decide why you want to get your weight under control. What does it give you? Once you have that clear, then I will lead you through the SMART method to set the goal so you can really achieve it.

First is **S** for Specific. Your goal must be specific and you must only have one goal. If you say your goal is to be healthy. What does that mean? Be more specific. If you want to weight a certain weight, remember that muscle weighs more than fat so exercising can put on weight by releasing fat and adding muscle. One goal I recommend is to identify what size clothing you will fit into.

Next is **M** for Measureable. You need to be able to measure your goal so that you know when you have achieved it. For fitness you may need to state the distance and time that you are going to run, jog or bike ride. For fitting into clothes, you need to identify the size you will fit into.

Next is **A** for as now. Your goal needs to be in the present tense and not the past or future. You state it as if you are achieving it right now, because that is all the subconscious knows. It does not know past or future.

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Next is **R** for Realistic. When you set your goal, it needs to be something you can achieve. If you have never run before then a marathon may not be achievable. But a 10 kilometer run would be fine. If you fitted into a size 12 when you were 13 and have not done since, then pick a size that is realistic.

Finally is **T** for towards to the positive. Make the goal what you want and not what you do not want. If you make it what you want then this is what you will attract.

Put a date on the goal when you set it. This gives you a focus. If you do not reach your goal by that date, then change the date.

Finally, make a picture of the goal in your head and see it as you look up. This will help you to get in touch with the goal. If you find it difficult to get a picture, just keep practicing and you will find eventually the picture will be there.

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