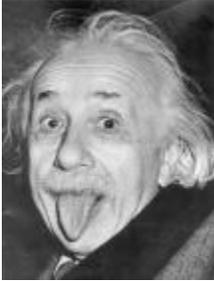


You Can Change in a Single Moment!



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Change is a curious thing. In most areas of life you dread it, yet in others you pine for it.

You're told that change is hard, that it takes time.

You're also told that change is the most consistent thing that you'll encounter. You wonder how to make lasting changes that will improve your life.

I'm here to argue that uplifting change can happen in an instant. I know this goes against mainstream belief. Most people believe that change has to be worked at for months or even years. We expect to try and fail numerous times before we ultimately give up or succeed.

Think about it-how many people do you know who struggle with their excess body fat, high blood pressure or joint pain? They want to make a healthy change by getting in shape, but the change never seems to take hold.

Is there something in your life that you want to change? Do you have excess body fat to lose? Do you have high blood pressure? Do you have a pair of pants that you wish you could fit into? Would you like to start a new career? Improve a relationship? Write a Book? Get stronger and more muscular? Become so explosively motivated and consistently and sincerely upbeat that people wonder what the heck happened to you?

What is preventing you from making a positive change in your life? Have you voluntarily made the decision to hold back on your life? I recently made a split second decision to **stop** holding back in a key area of my life. It is amazing how much more freedom I now have to be me, and the truth is that others in my life will benefit too. Plus, I now have more time for what I really want to be doing in my life.

The truth also is, it's the **getting ready to change** that takes the most time. In the end there's an instant when the change occurs. There are three specific beliefs that you must have in order to instantly create a lasting change.

Belief #1: Something **must** change.

Do you "kind of want to" get into shape or do you absolutely have to become the stud or studette that you know exists within? Does dropping a few fat pounds "sound nice" or is living another day in your current body simply out of the question? In order to make a lasting change you must be convinced that the time is right.

Belief #2: I must change it.

It is vital that you take full responsibility in making the change. Sure, others may assist you, but in the end you are the one who is going to make it happen. You have to want this change enough to make it your personal mission-no one else will do it for you.

Belief #3: I can change it.

Don't let past failures get in your way. The truth is that you can do amazing things when you put your mind to it. Believe that you are capable of losing fat weight or making any other positive change in your life.

Why do most people fail to make lasting change?

They leave it up to willpower. This works for awhile, but you'll always revert back to what's comfortable. The solution?

Change what you're comfortable with. Do what you can, but **do something** everyday to get better. Make progress everyday. Keep track of it. Measure it (Not your weight please, that is stupid).

Be tenacious.

You've probably heard that humans are motivated by two things: 1) to avoid pain and 2) to gain pleasure. When you want to change a behavior pattern the key is to associate pain with the behavior that you don't want and pleasure with the behavior that you do want.

You know that you want to lose fat weight and that to do so you need to quit eating comfort food late at night. You also know that you need to start exercising on a regular basis. Up until this point your brain is trained to associate pleasure with eating comfort food late at night and to associate pain with exercise.

It's time to retrain your brain to feel good about exercise and to feel bad about eating late at night.

Think about all of the negative things about being over-fat or weak and flabby and connect these unpleasant thoughts to your late night snack. Now think about all of the wonderful things about being in shape and connect these pleasant thoughts to exercise.

You are capable of making a big change in your life. Remember, change can happen in an instant.