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# Imagination and your Weight Loss

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## EPISODE 27

Your imagination can play a crucial role in your weight loss. You can either capitalize on it for your ultimate success or unintentionally use it to inhibit your weight loss.

- When you think about imagination what do you think of?
- At this point in your life, how much time do you spend using your imagination?

### **Two tactics for using your imagination to create a feeling:**

#### **1- Imagine you're someone else**

I'll think of an example of someone who I imagine might feel that emotion regularly and I pretend to be them for two minutes.

For example, maybe the feeling I want to imagine is confidence. I ask myself:

- What does it feel like to be someone I imagine is confident?
- What is that person thinking that creates confidence for them?

#### **2- Think about another place in your life that you have experienced that feeling**

For example, I remember really wanting to feel proud of myself.

I asked myself:

- Where in my life do I experience the feeling of pride?
- What thoughts and circumstances create the feeling of being proud?

#### **What if...**

I always say as long as we're using our imaginations, we might as well create something amazing. So use your imagination and ask yourself these questions:

What if I believed \_\_\_\_\_ ?

What would it be like to believe \_\_\_\_\_ ?

What would it feel like?

What would I do when I feel that way?

What if it were true?

*Natalie Brown*