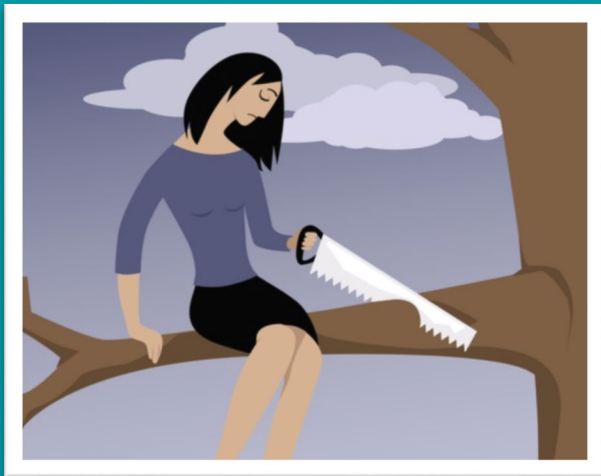


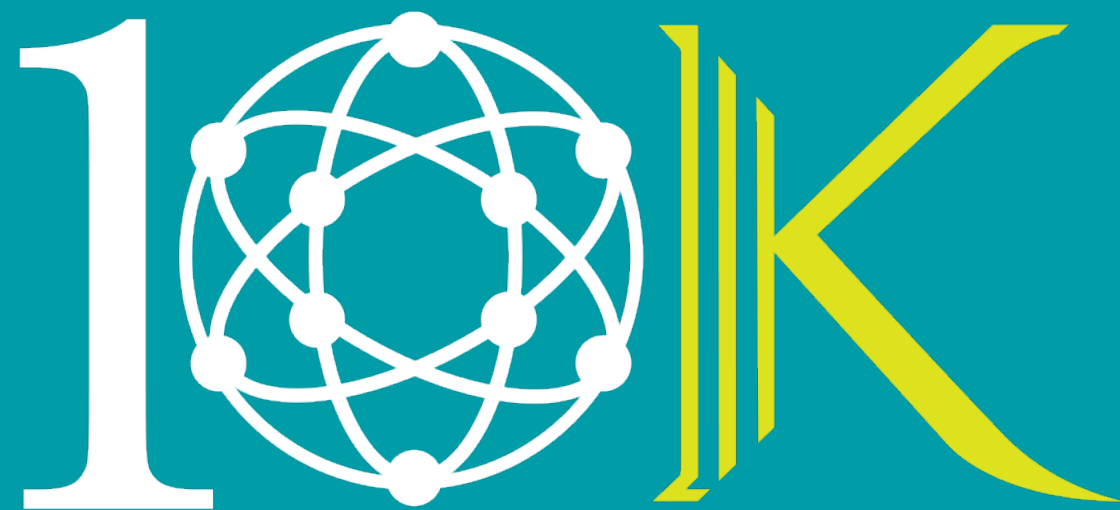
CHANGE YOUR MINDSET, CHANGE YOUR LIFE!

MOVING FROM AUTOSABOTAGE INTO PERSONAL
FREEDOM



DEDICATED TO THE MEMORY OF DR. SARAH HALLBERG





K I L O S O P H Y M E T H O D



9 REGISTERED DIETITIANS AND HEALTH MENTORS





K

OUR PURPOSE:
TO PROMOTE

HEALTH, FREEDOM, FITNESS
AND HAPPINESS IN OUR SOCIETY





OUR VISION: THE ERADICATION OF METABOLIC DISEASE





LEARNING OBJECTIVES:

1. To understand the Law of Reverse
2. To identify the clues for failure
3. To define a mindset or paradigm and how to change it
4. To recognise the two major motivators for change
5. To understand autosabotage and how to break free from it
6. To discover the clues for success
7. To reinforce the importance of the mind-body connection




THE LAW OF REVERSE

If you want to change sadness, disease and misery into happiness, health and prosperity, you **must** think, speak and act in ways which are the exact reverse of how most people think, speak and act.




88% OF ADULT AMERICANS ARE METABOLICALLY UNHEALTHY

Metabolic Syndrome and Related Disorders, Vol. 17, No. 1 | [Original Articles](#)

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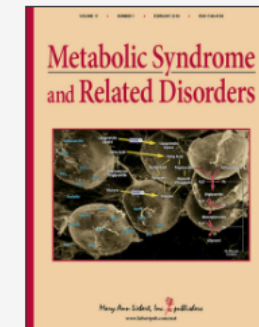
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Prevalence of Optimal Metabolic Health in American Adults: National Health and Nutrition Examination Survey 2009–2016

Joana Araújo, Jianwen Cai, and June Stevens 

Published Online: 8 Feb 2019 | <https://doi.org/10.1089/met.2018.0105>



FAILURE LEAVES CLUES

1. IT NEVER OCCURS TO THEM THAT THEY CAN BE FIT AND HEALTHY
2. IF IT NEVER OCCURS TO THEM, THEY NEVER MAKE A DECISION
3. IF THEY MAKE A DECISION, THEY PROCRASTINATE
4. IF THEY START, THEY DO IT WITHOUT A PROPER GUIDE AND STRATEGY
5. THE INABILITY TO DELAY INSTANT GRATIFICATION
6. THE CHANGE IS MADE WITH A SHORT TERM PERSPECTIVE



PARADIGMS

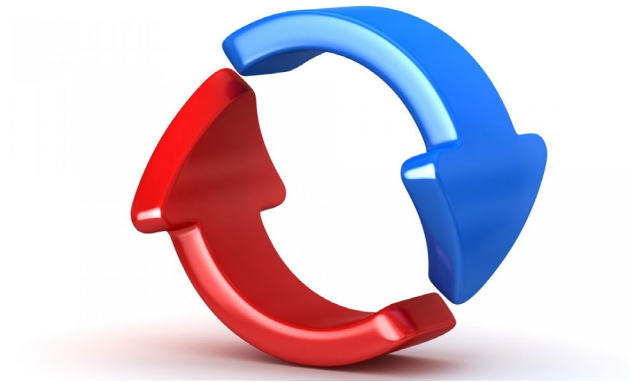
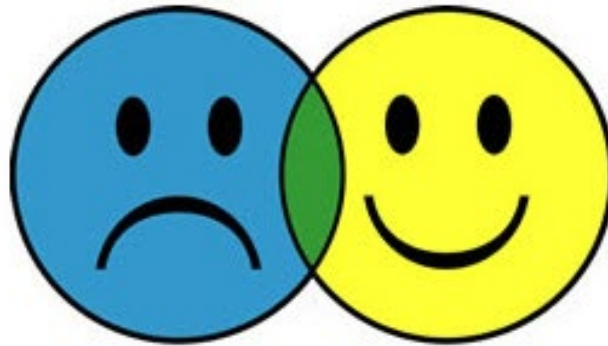
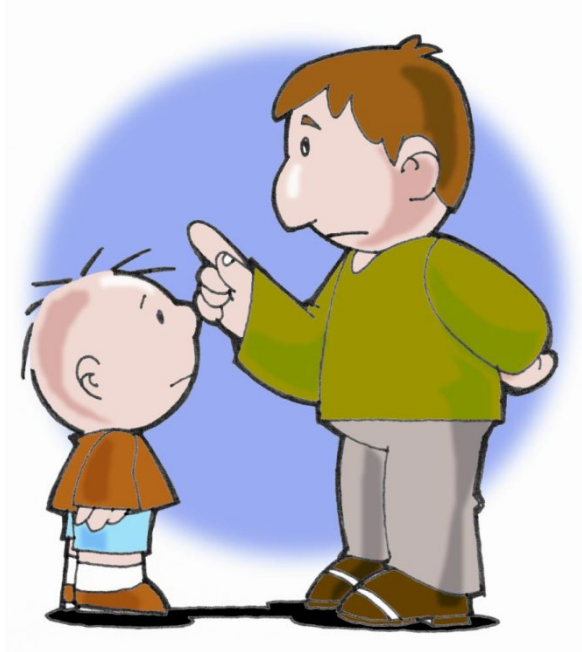
“WE SEE THE WORLD NOT, AS IT IS, BUT AS WE ARE”
STEPHEN COVEY (October 24, 1932 – July 16, 2012)

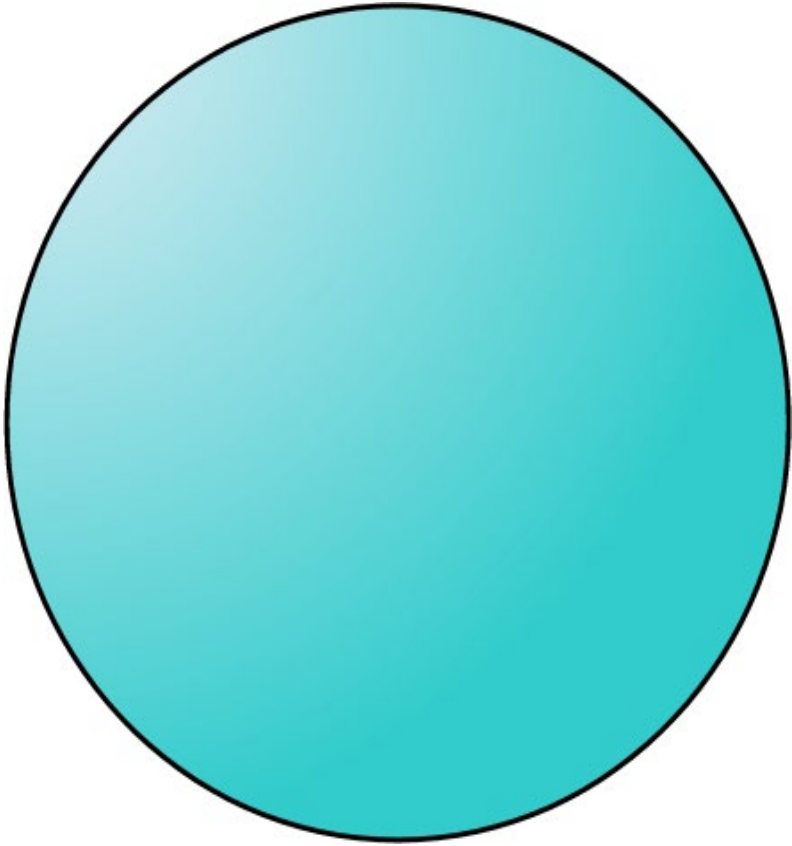


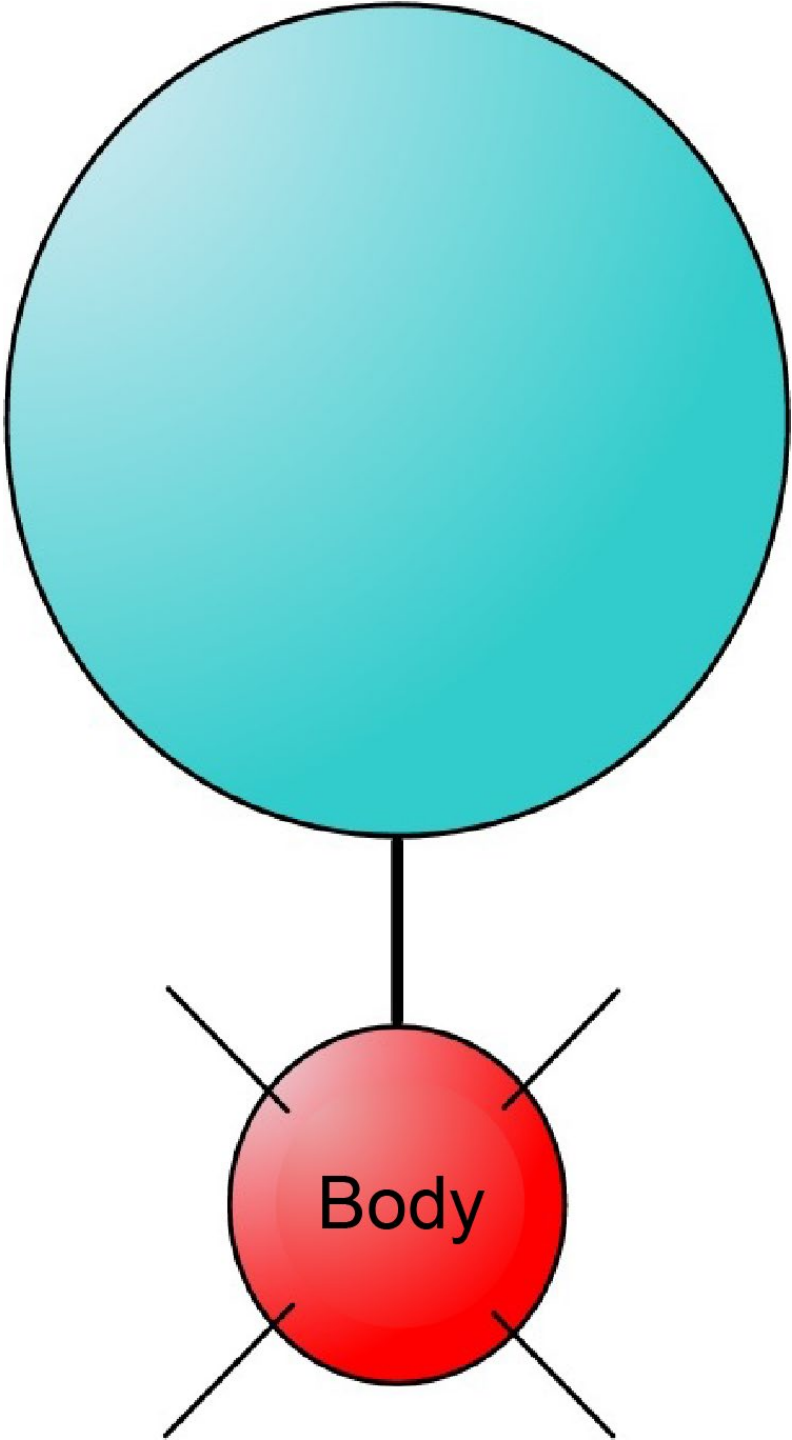


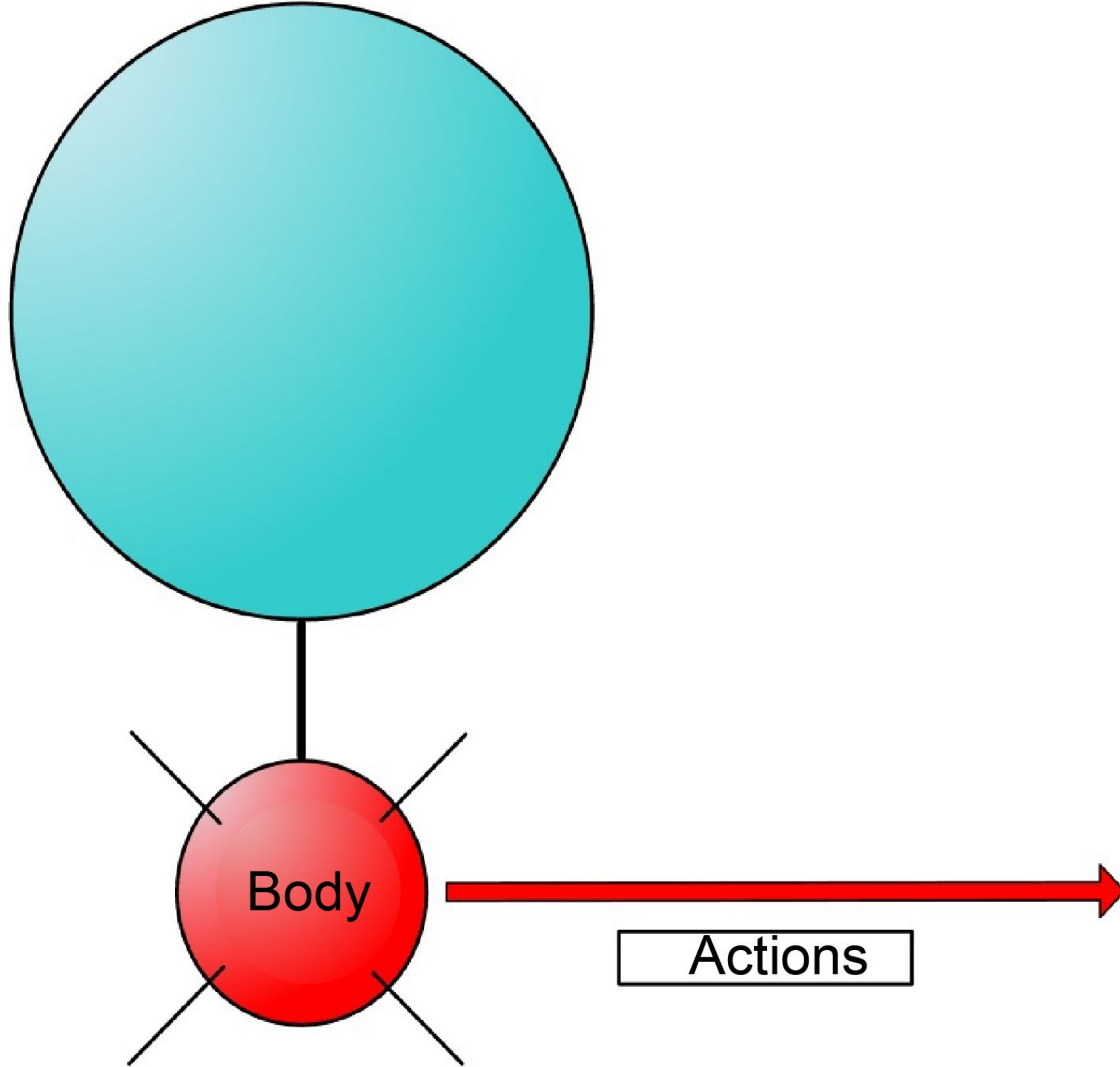


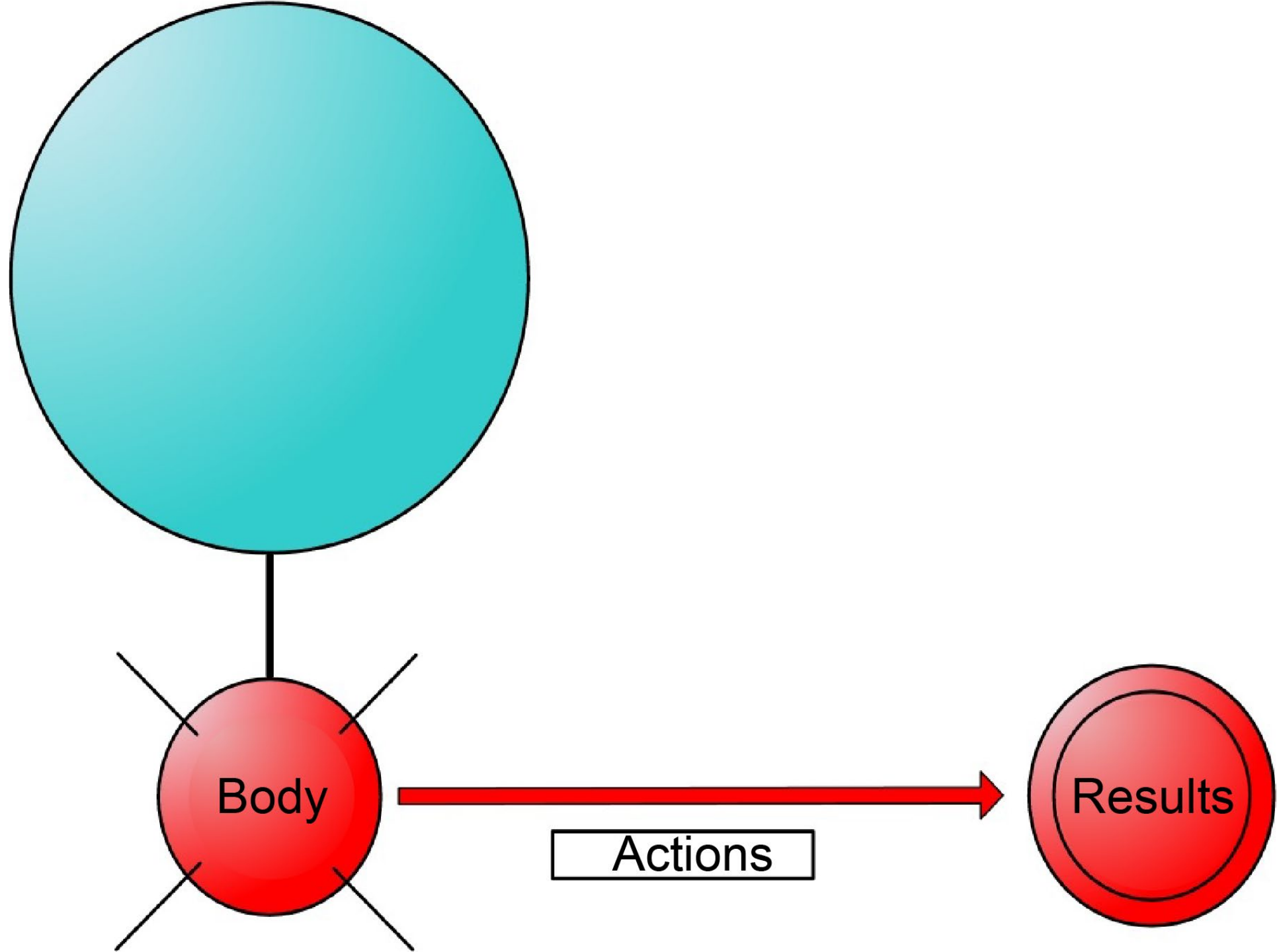
PARADIGMS

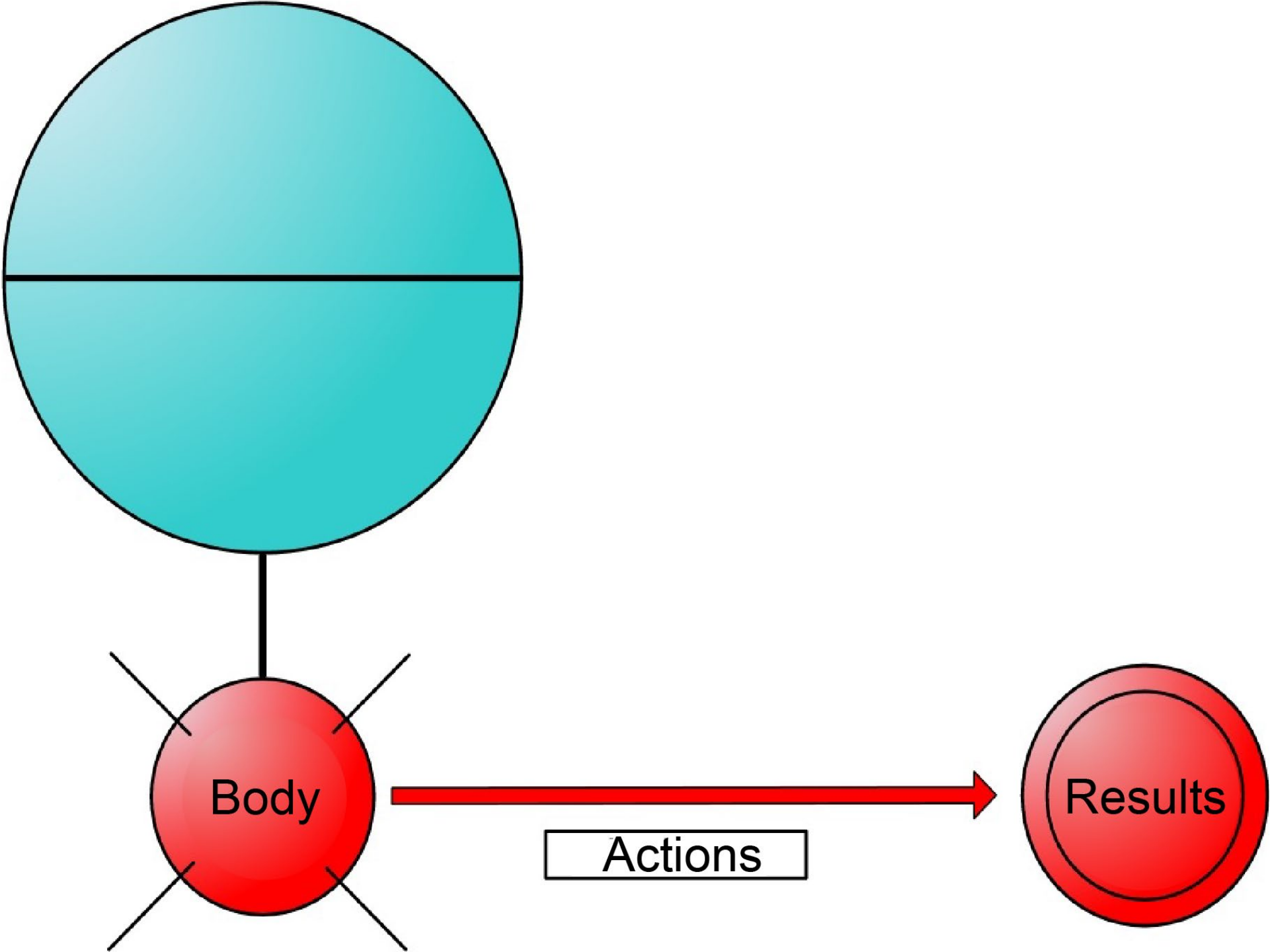


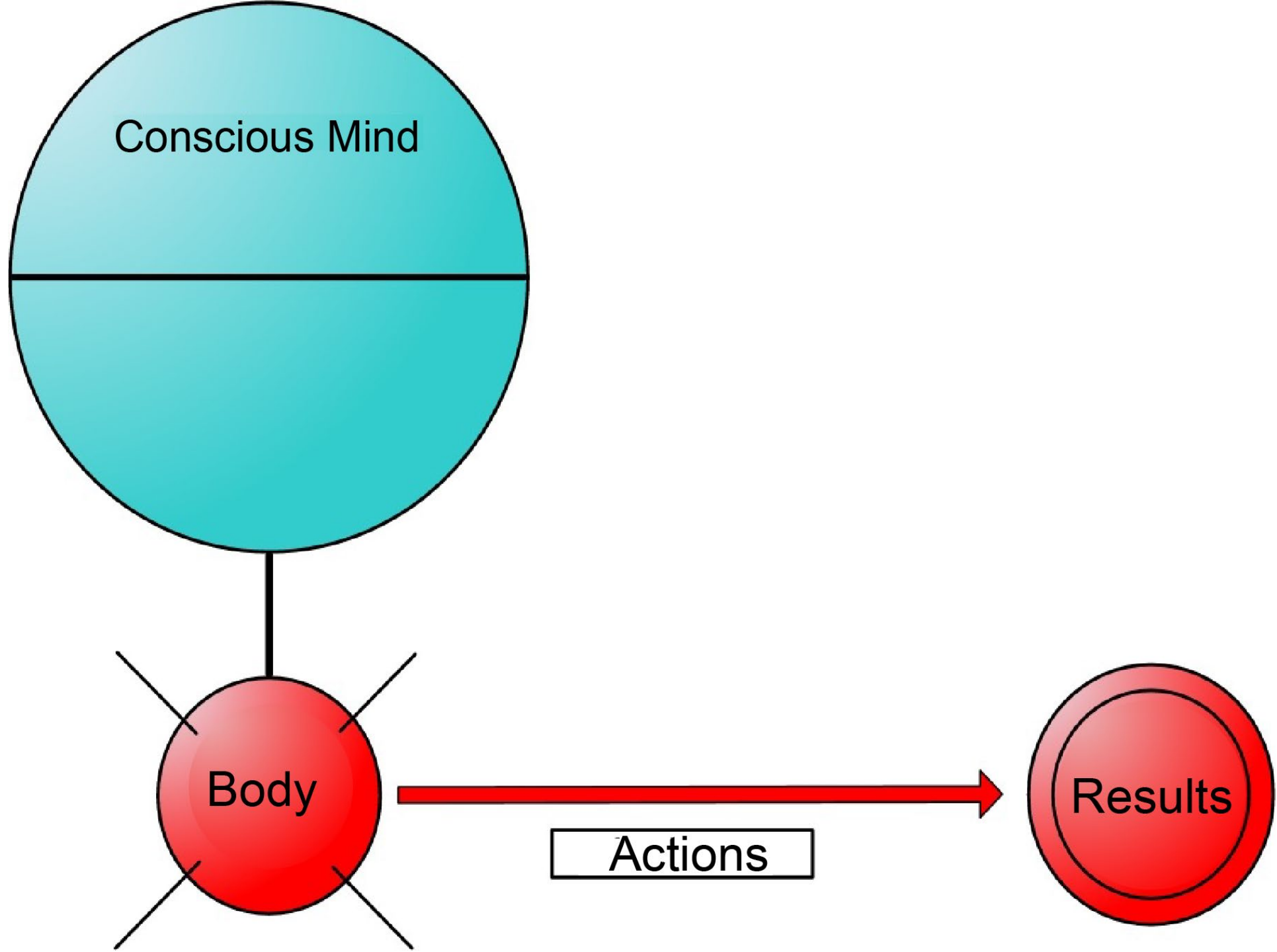


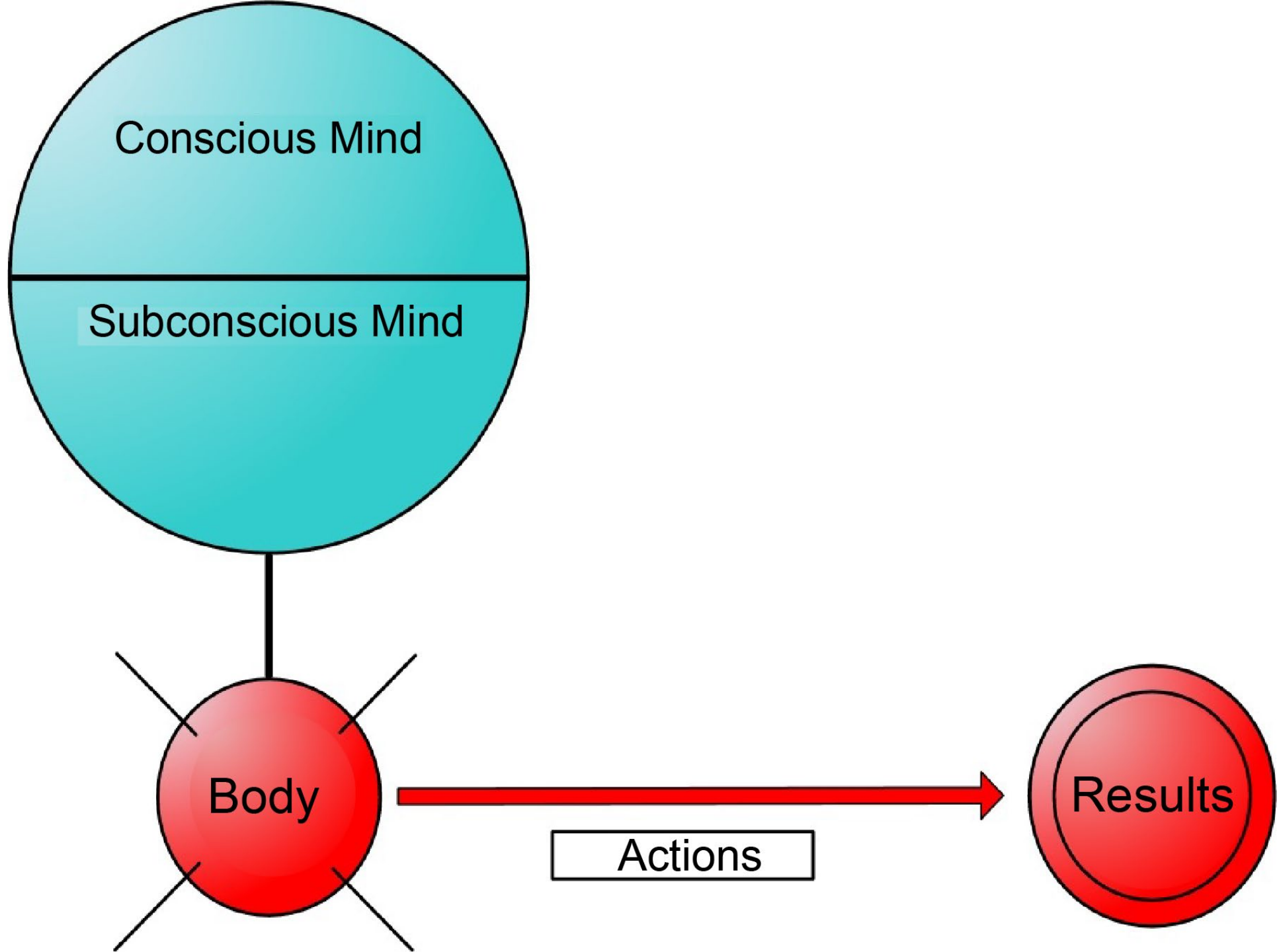


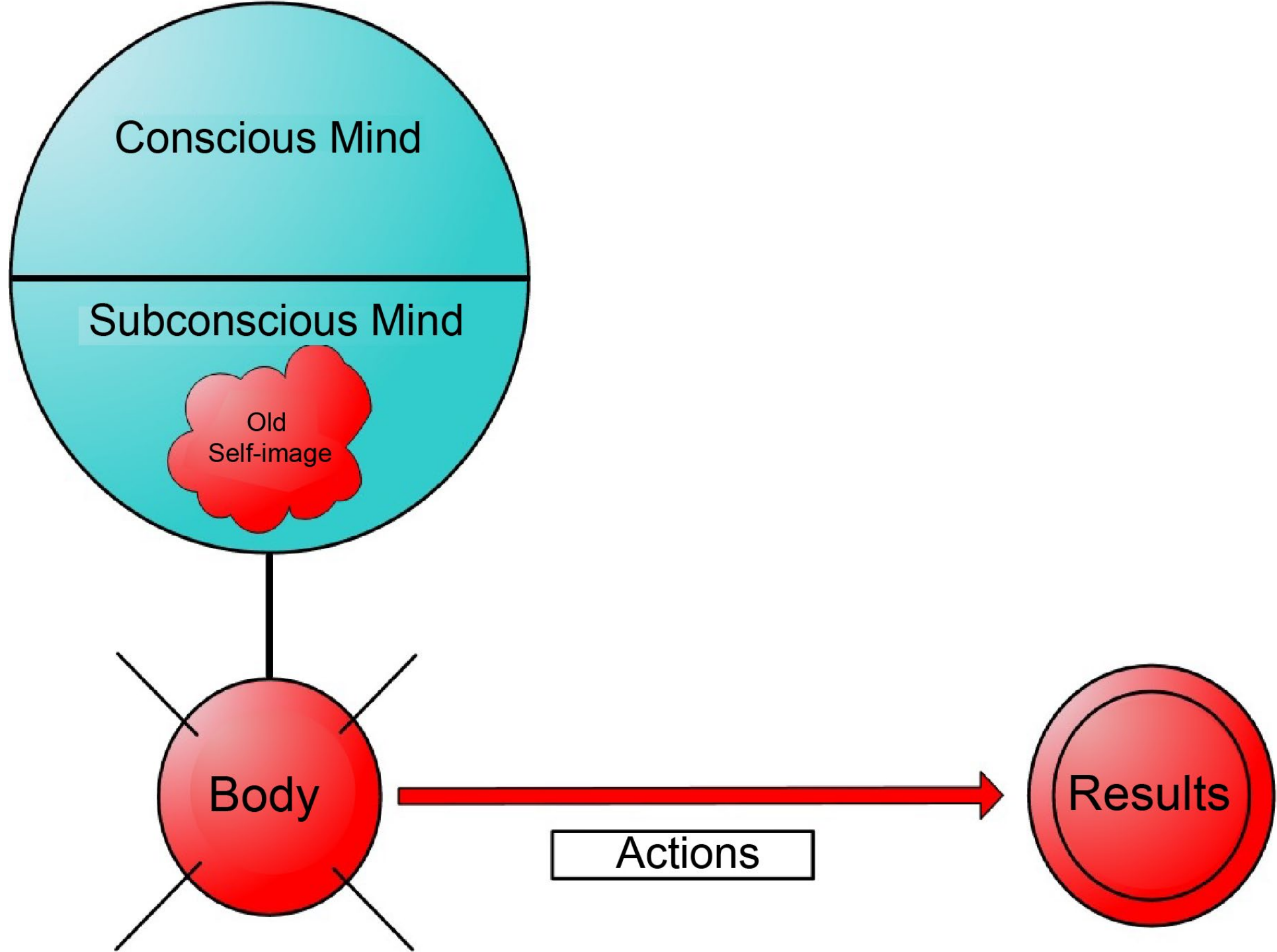


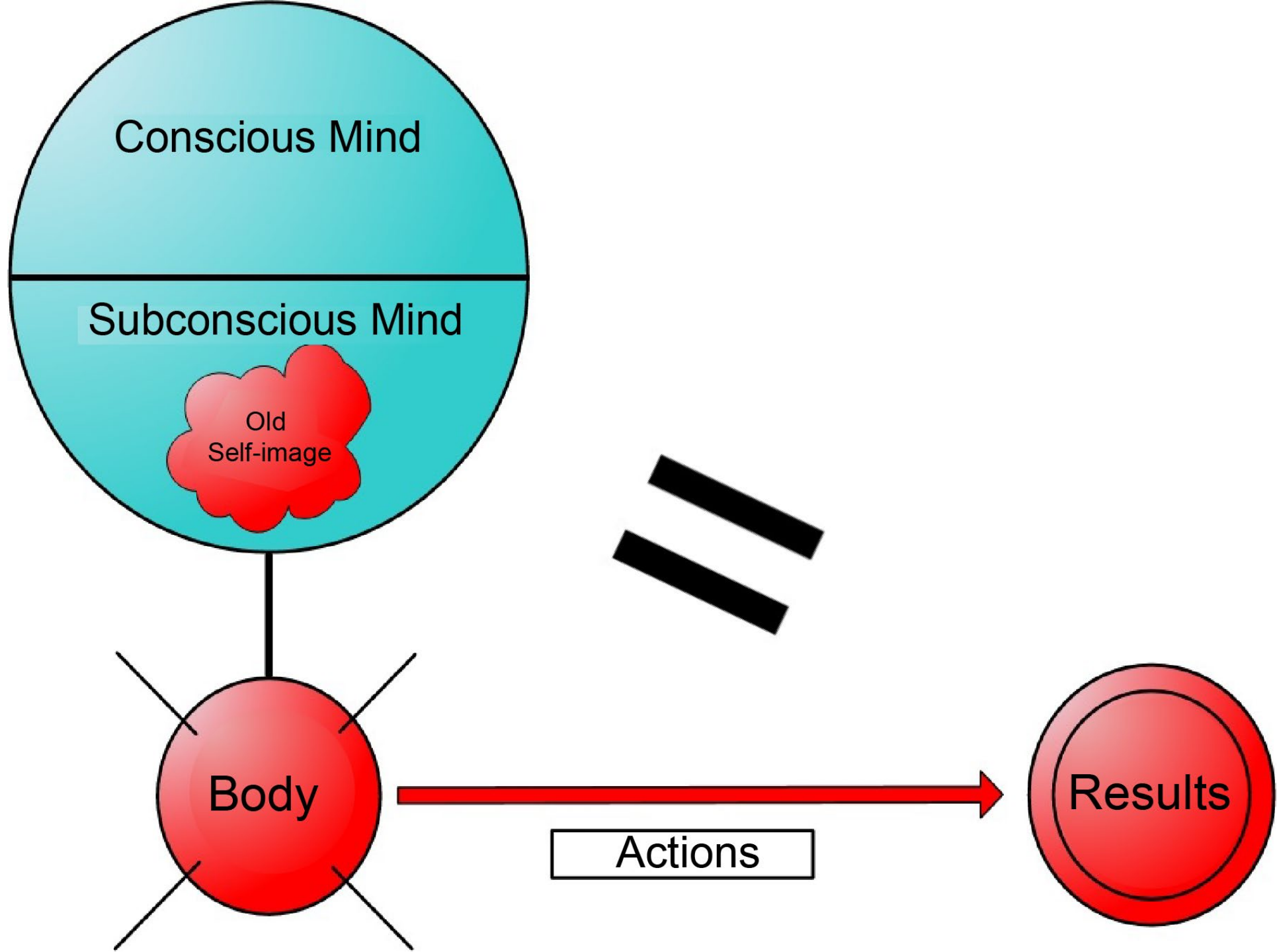


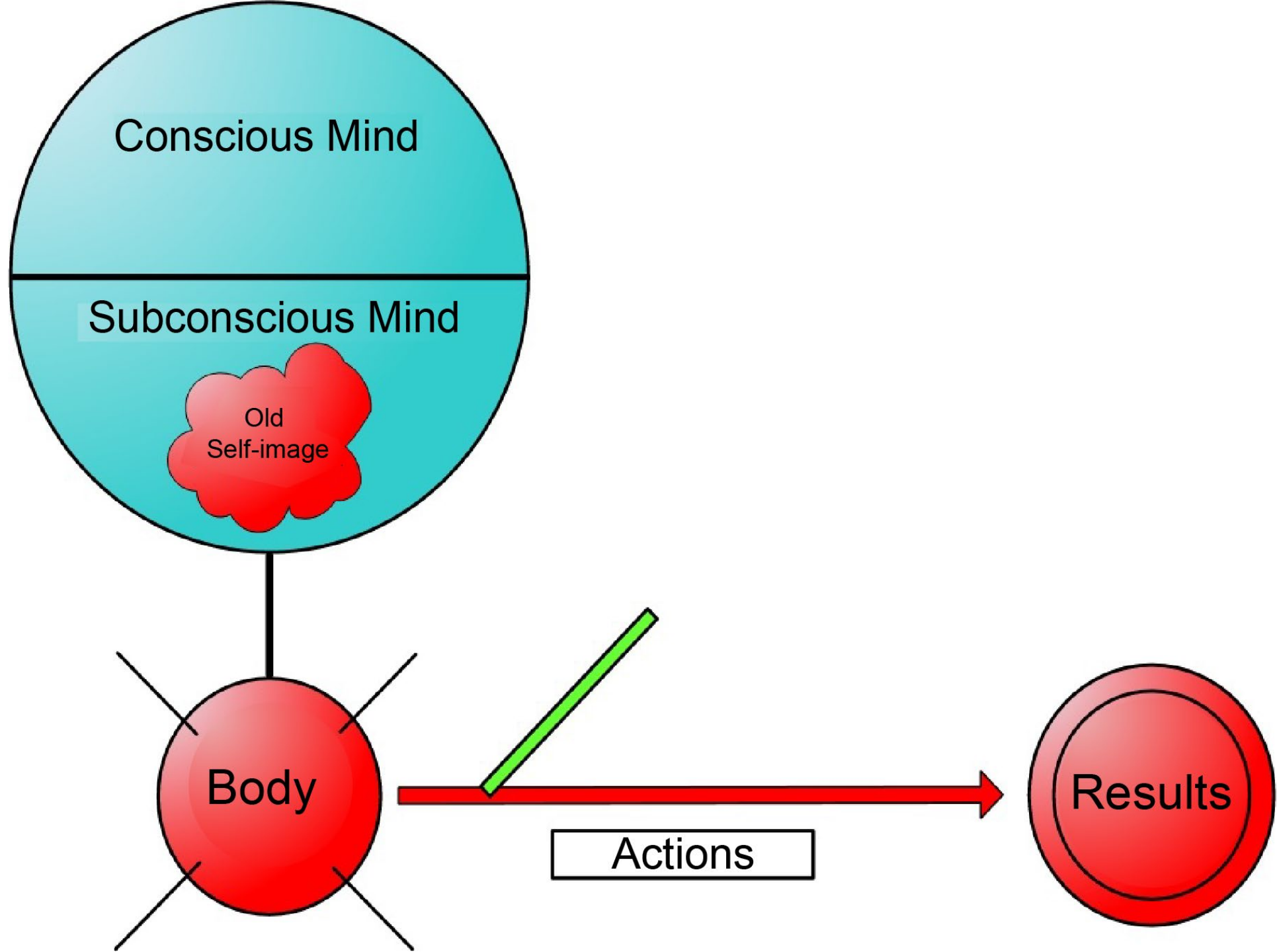


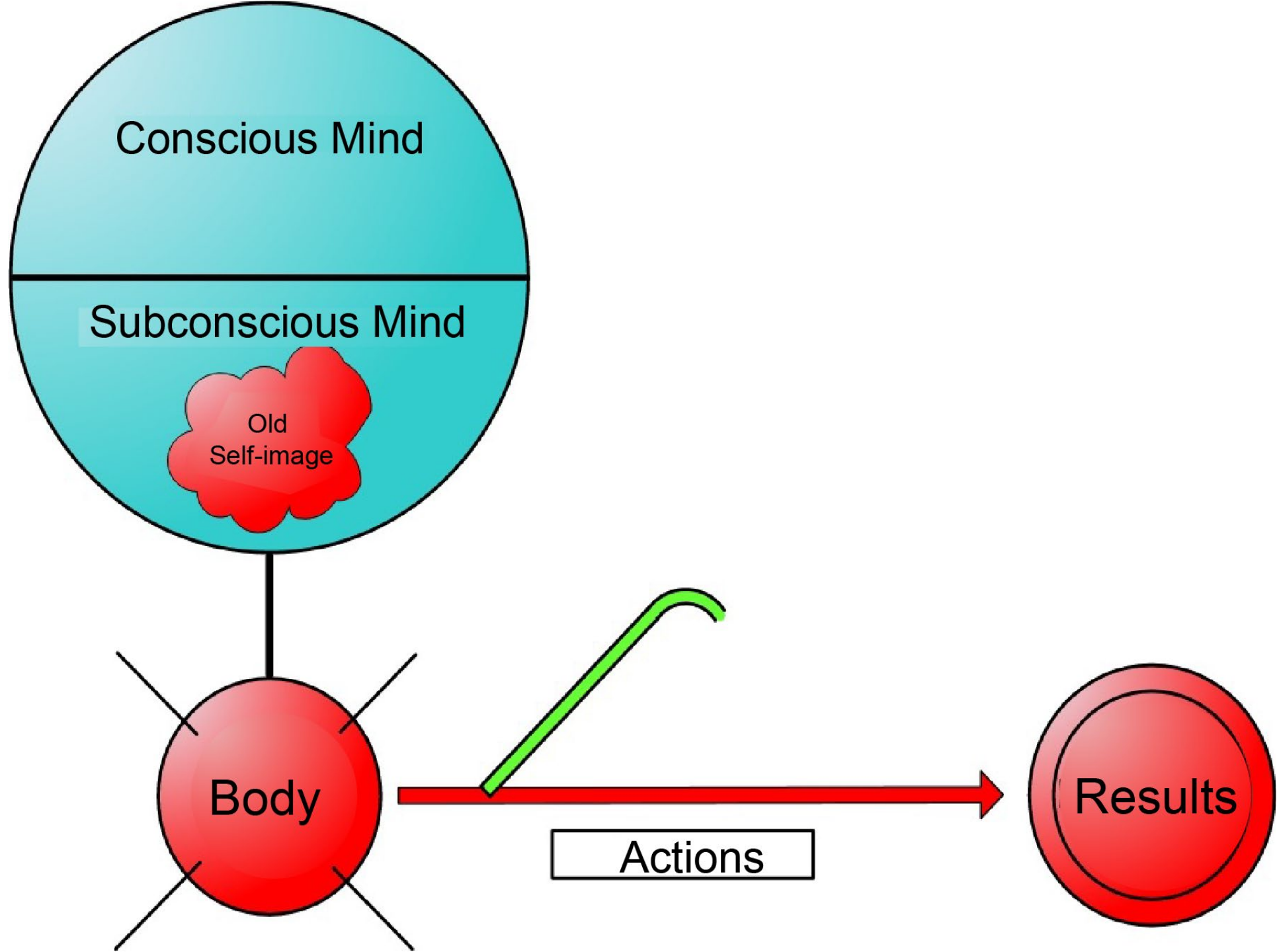


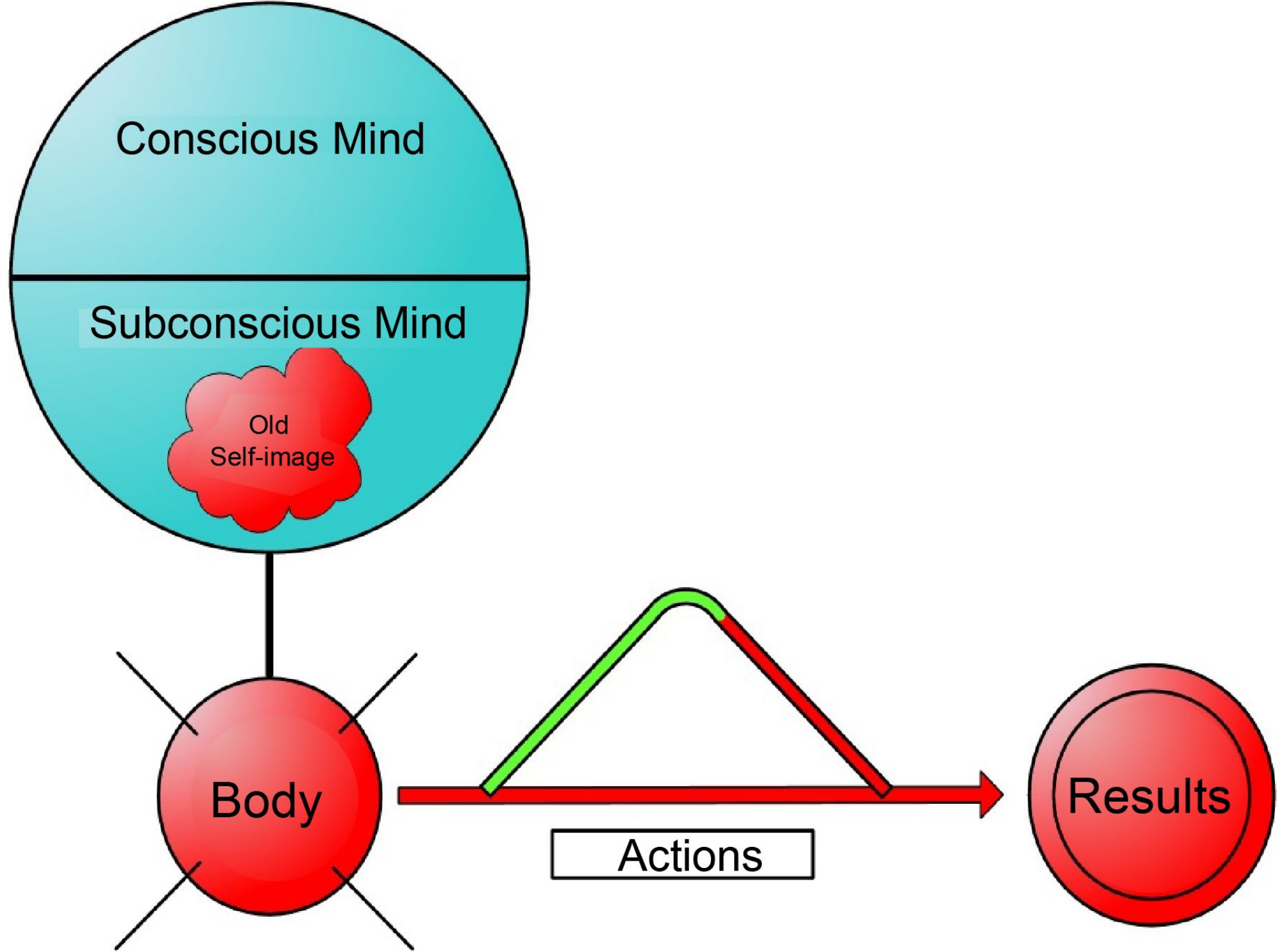


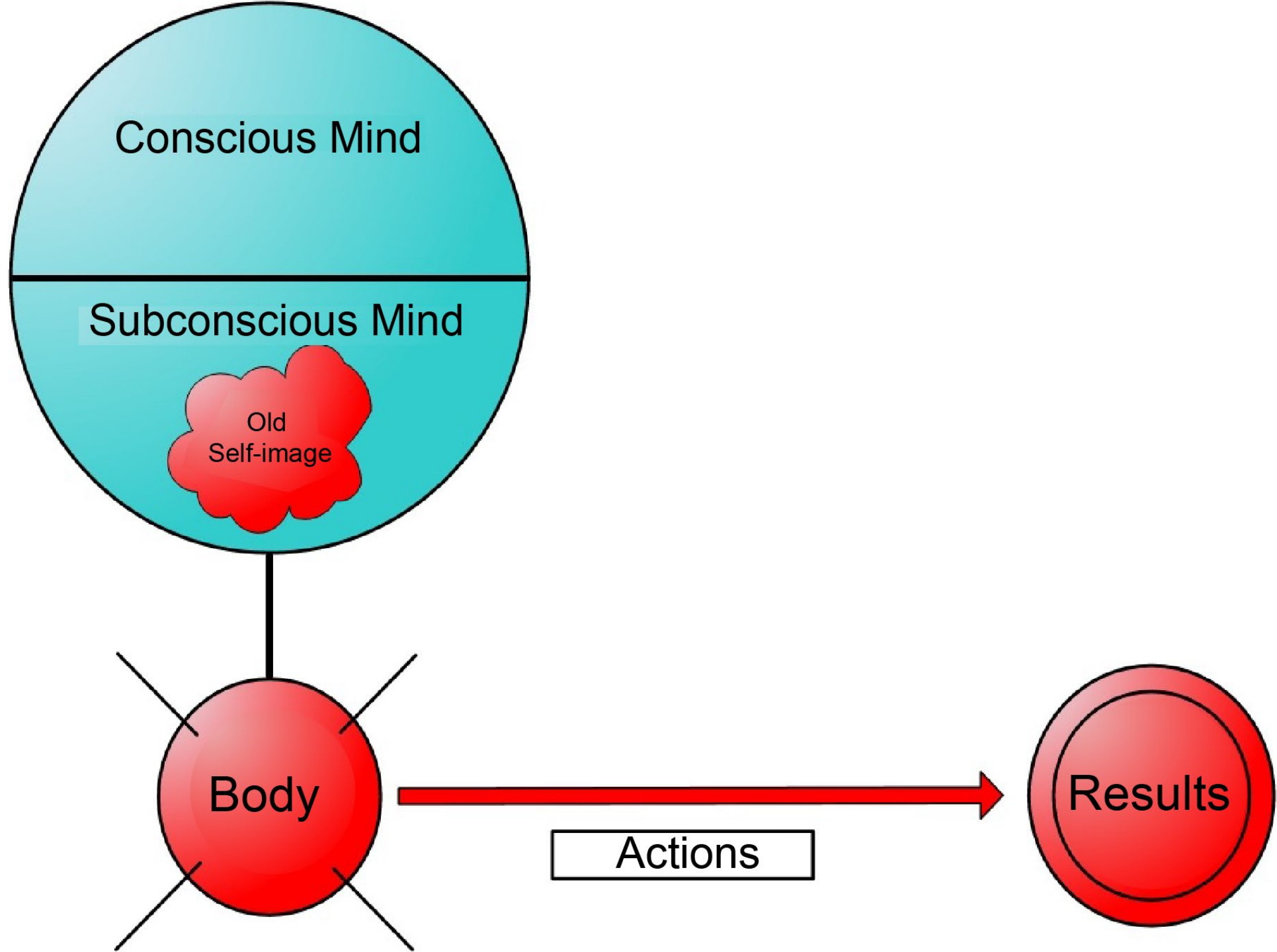


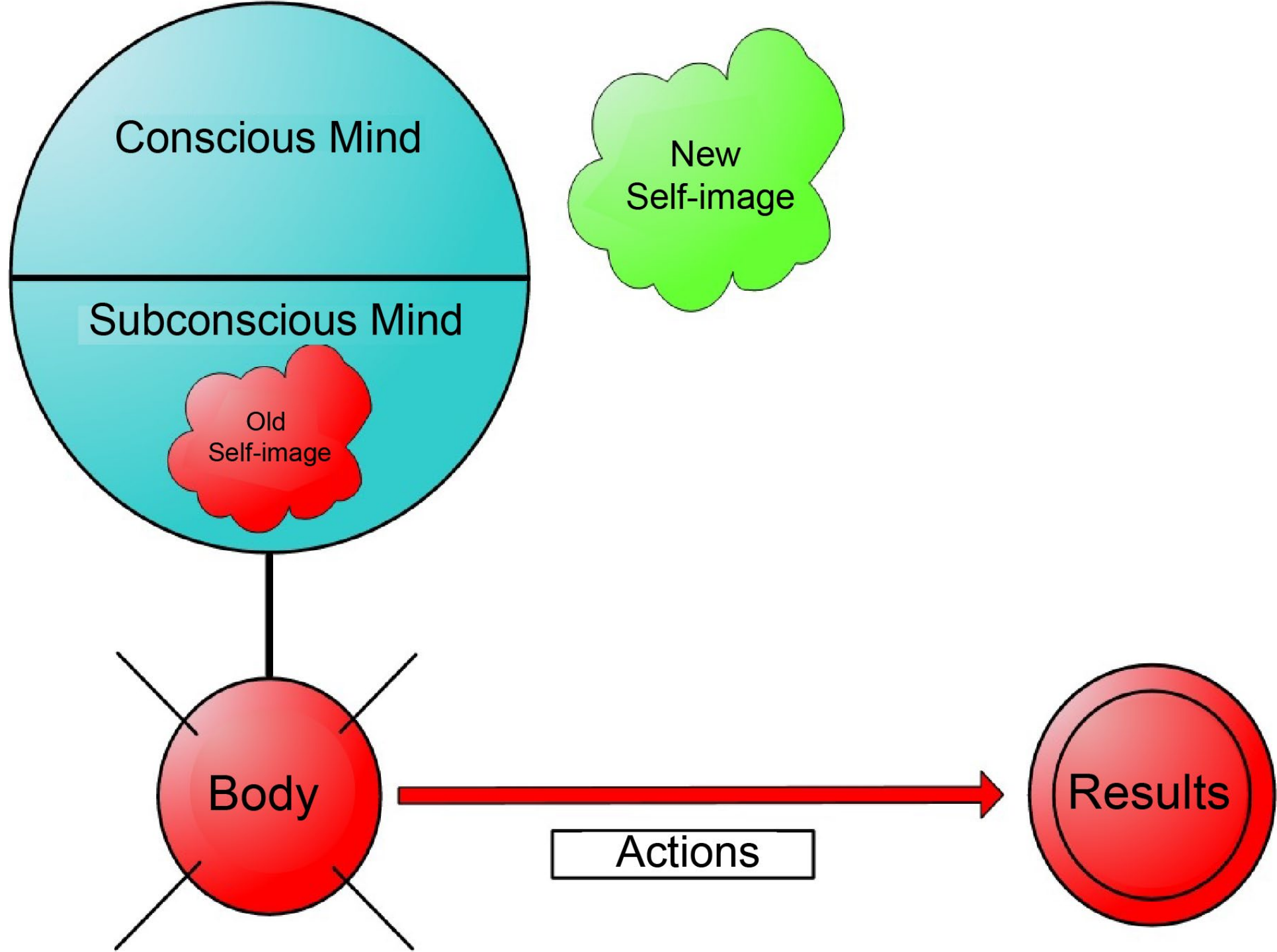




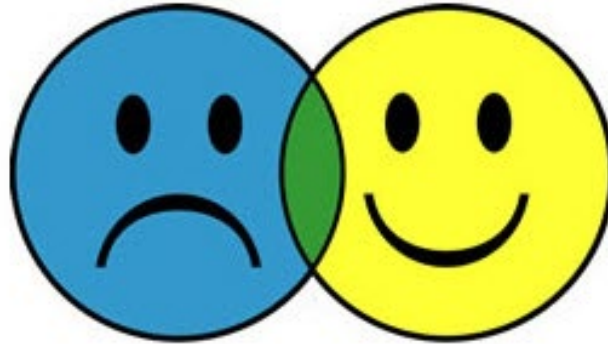
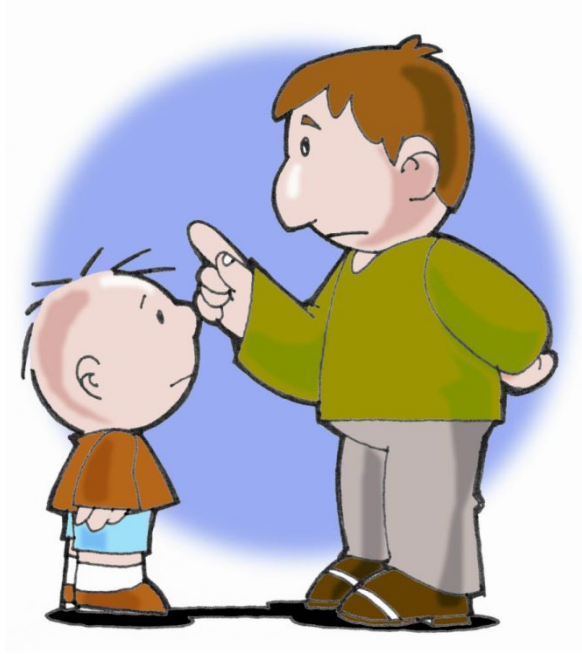








NEW PARADIGM







VISUALIZE 3 TIMES A DAY

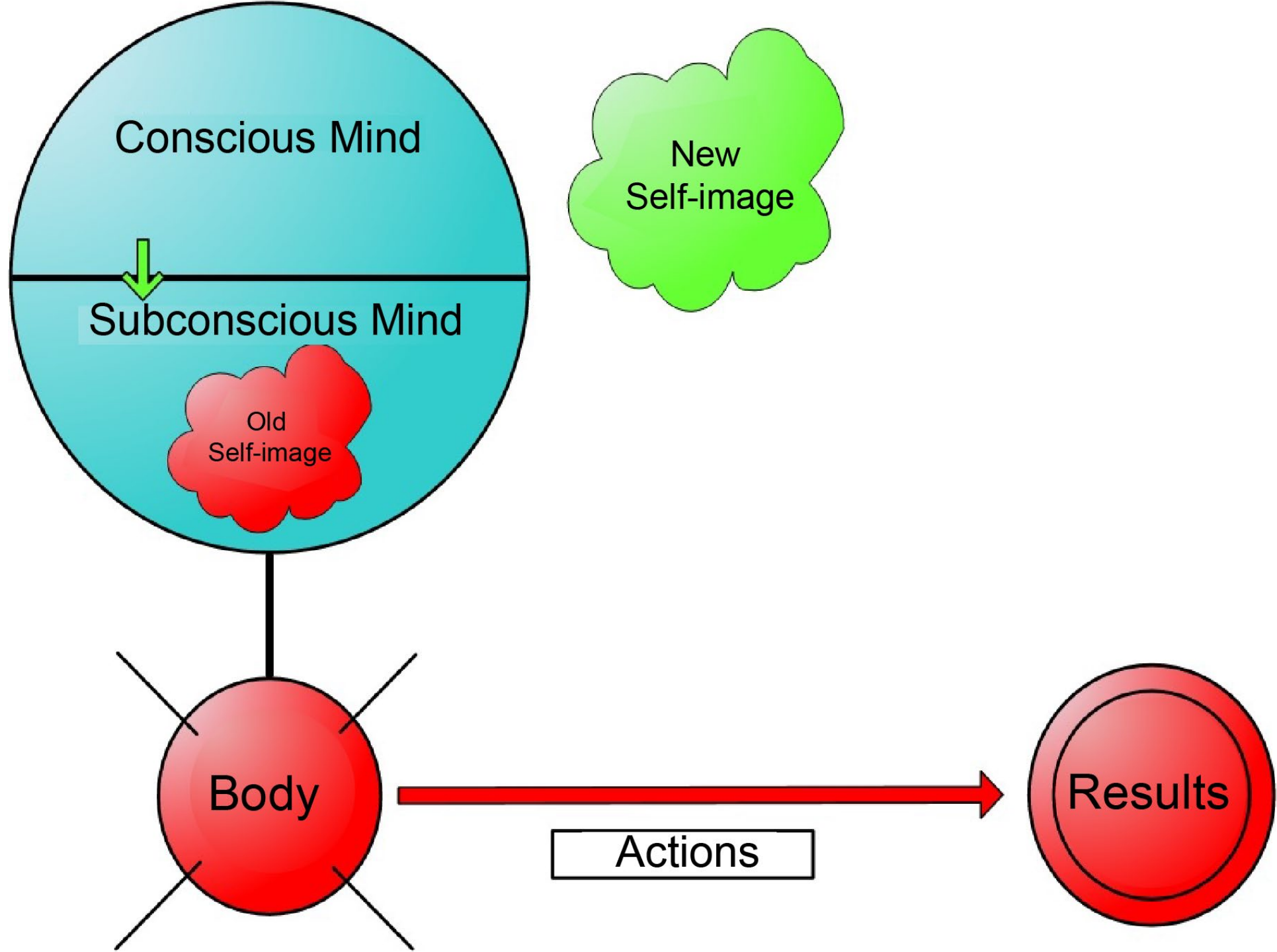


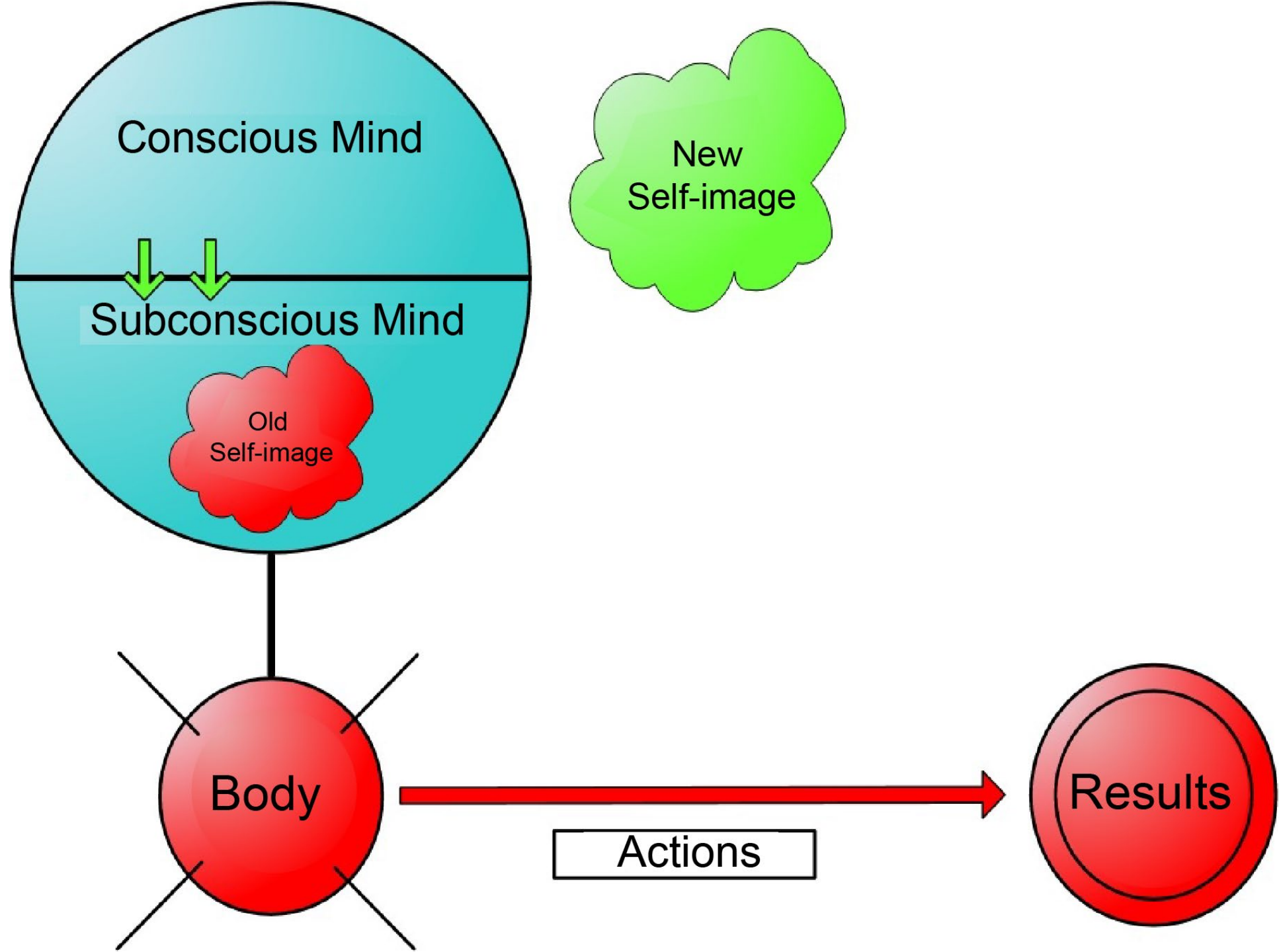
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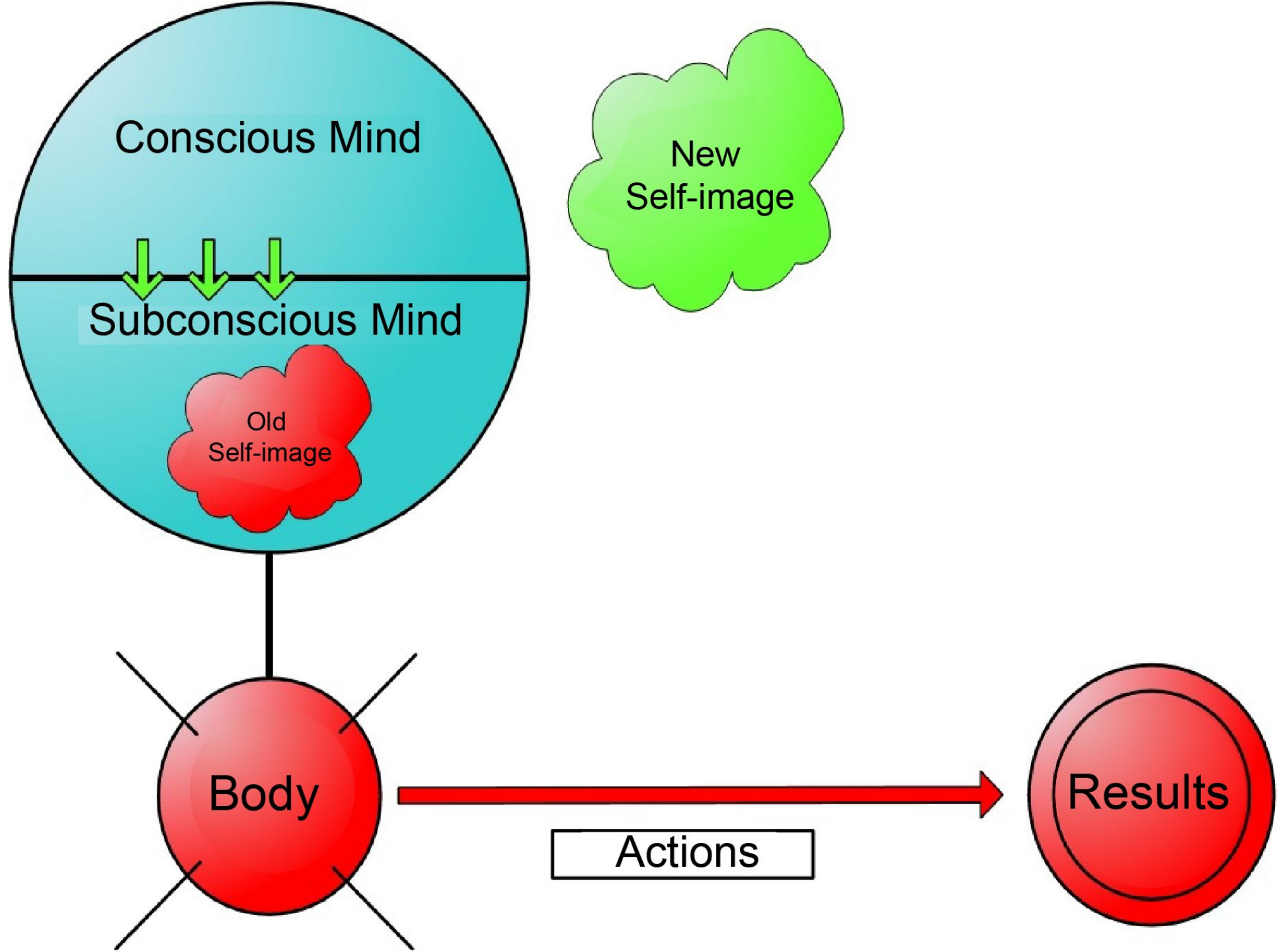


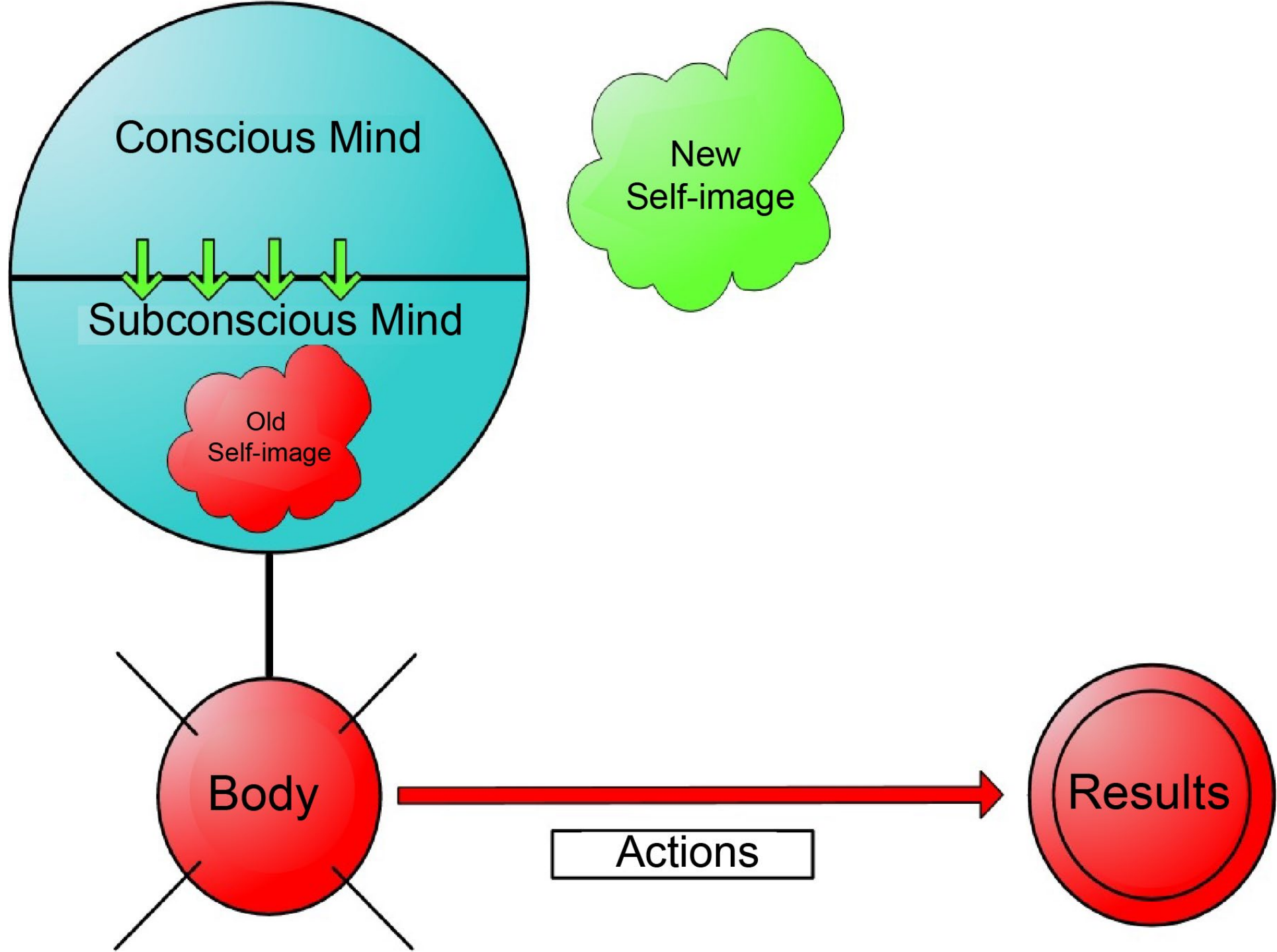
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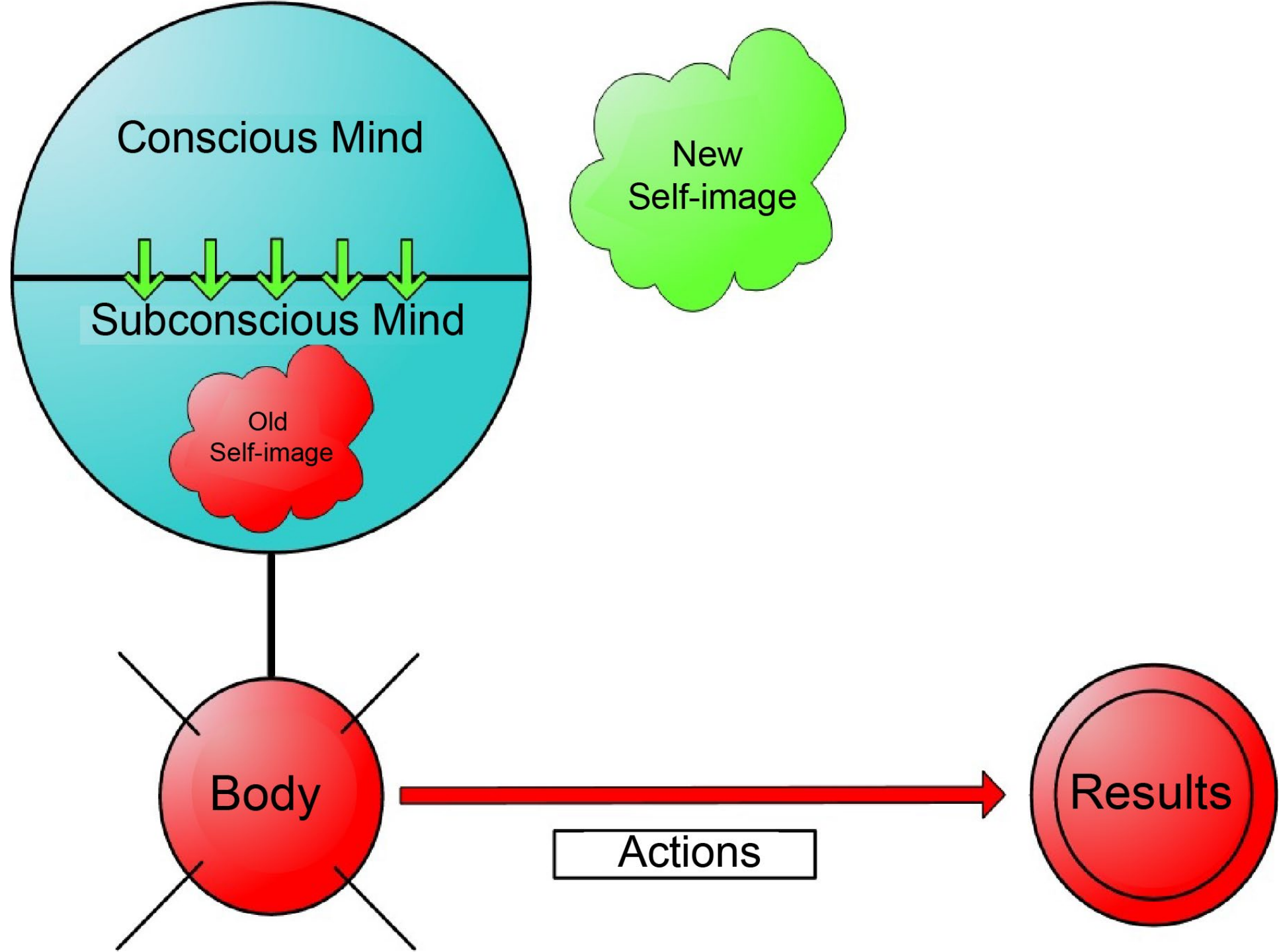


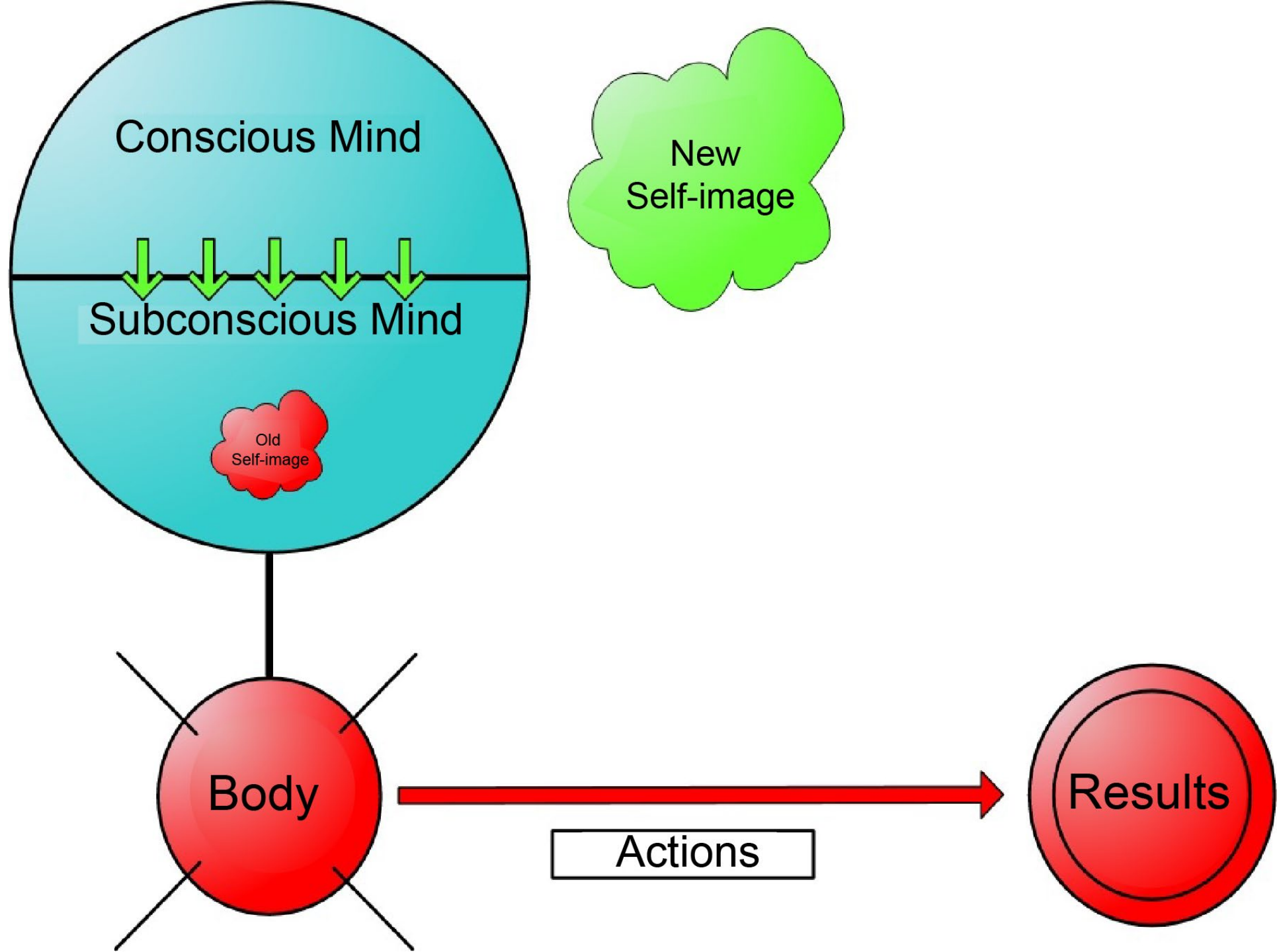


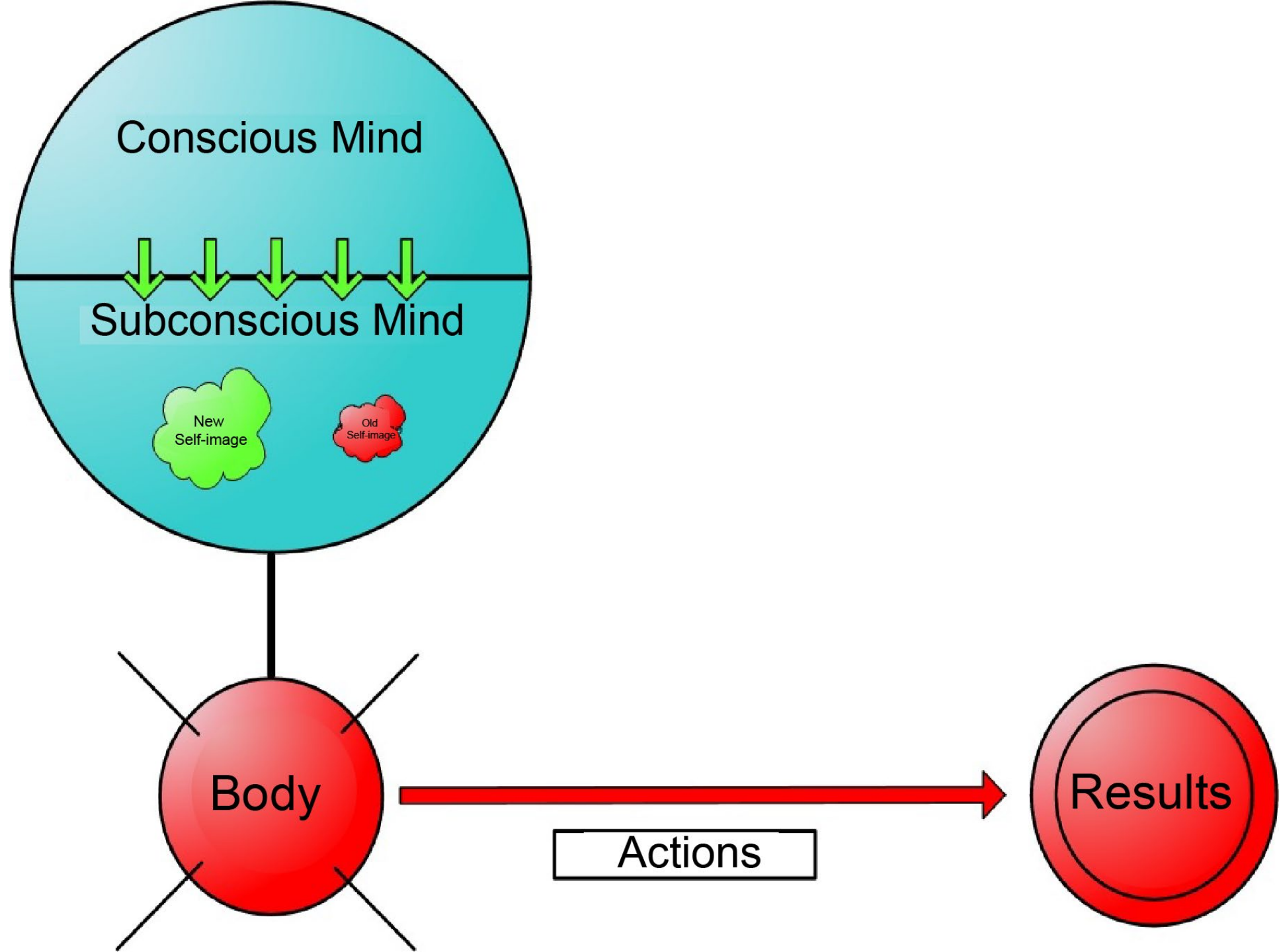


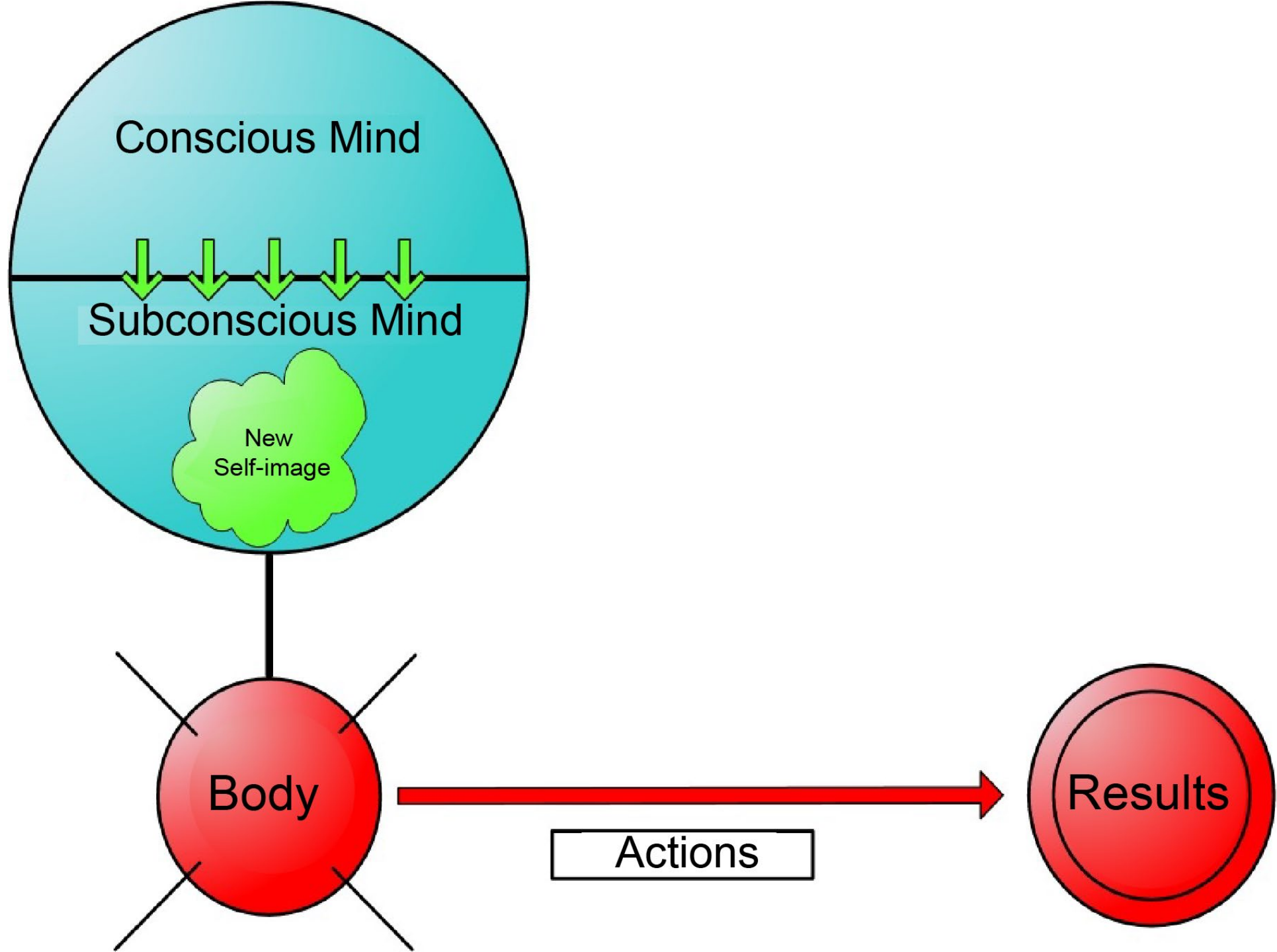


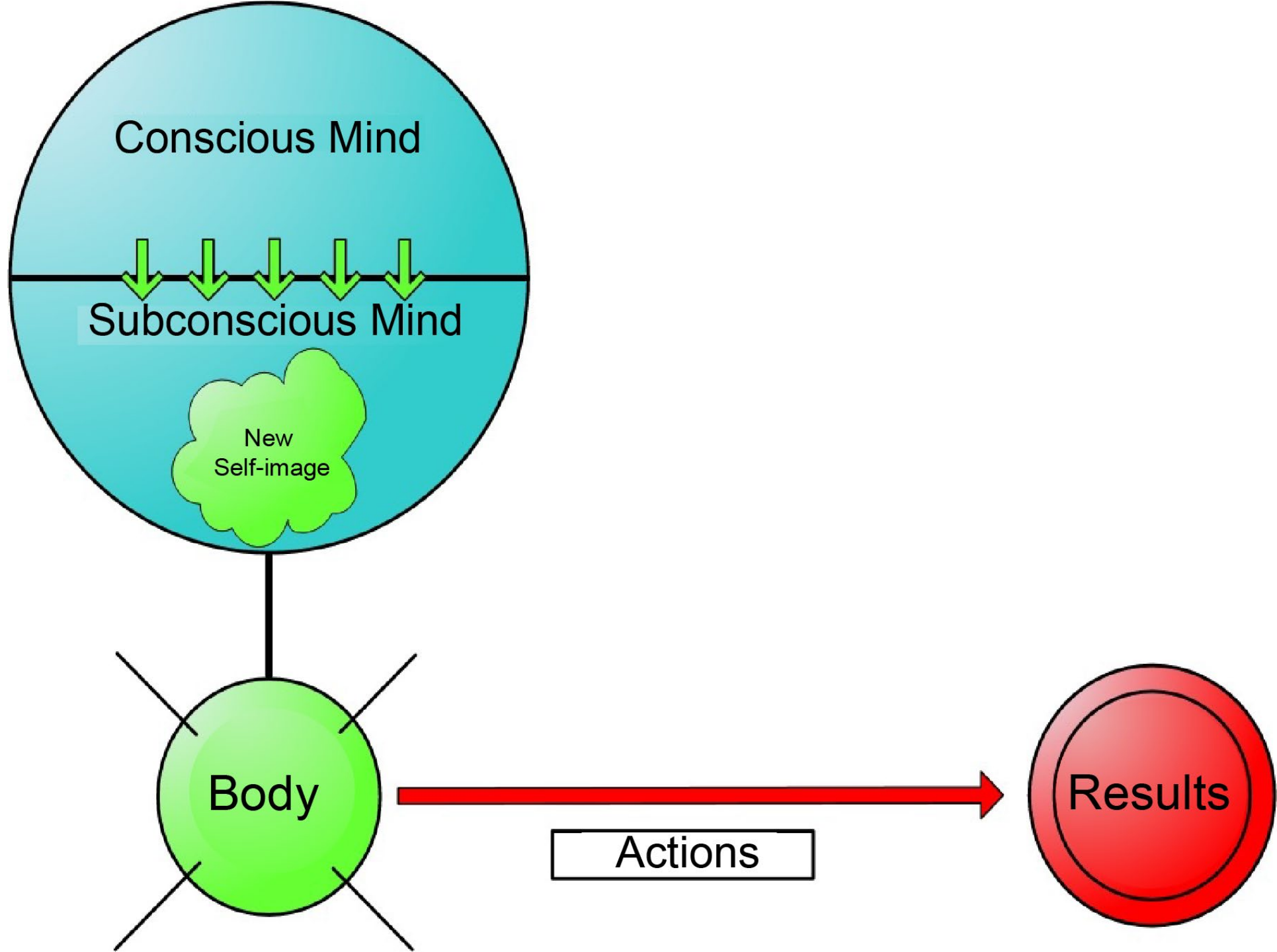


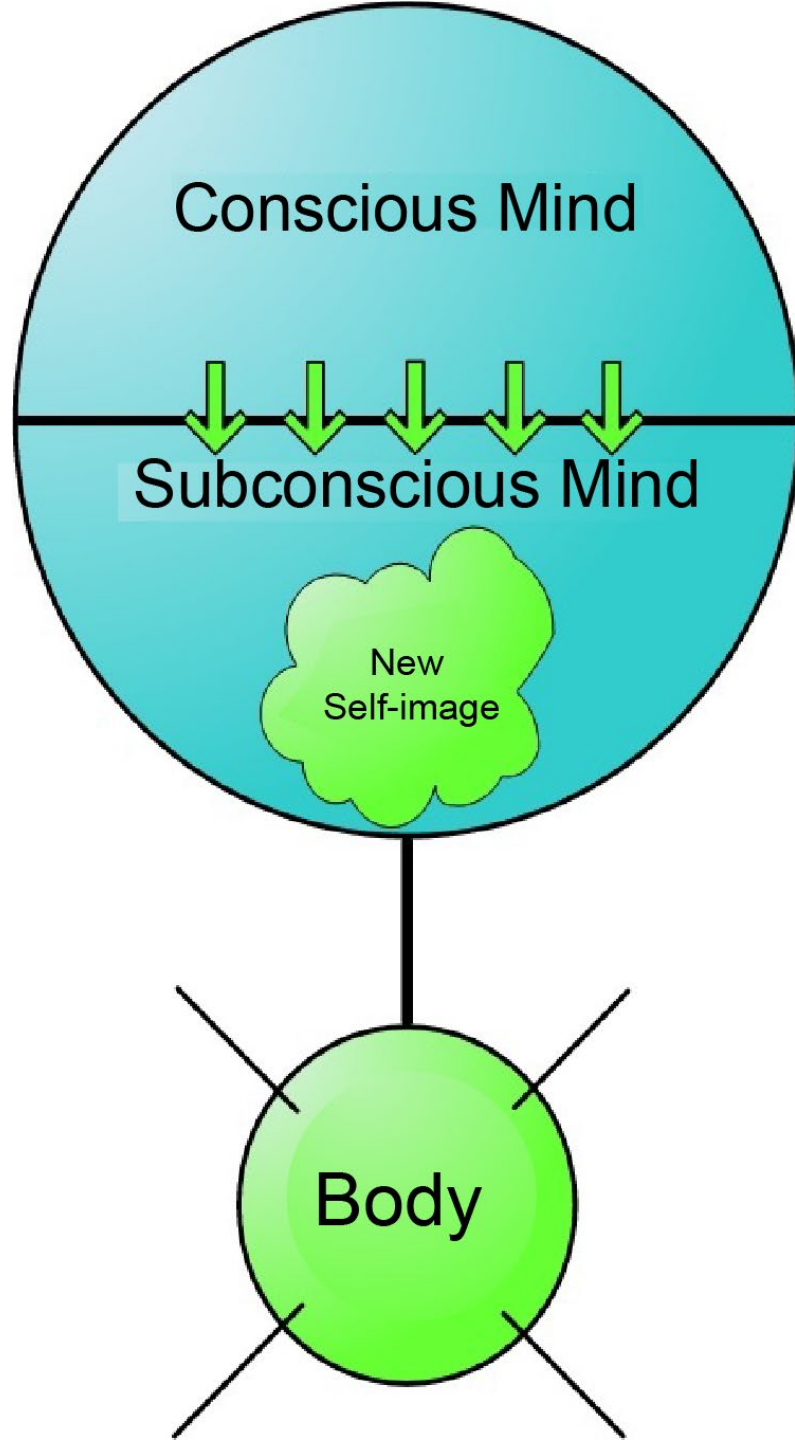


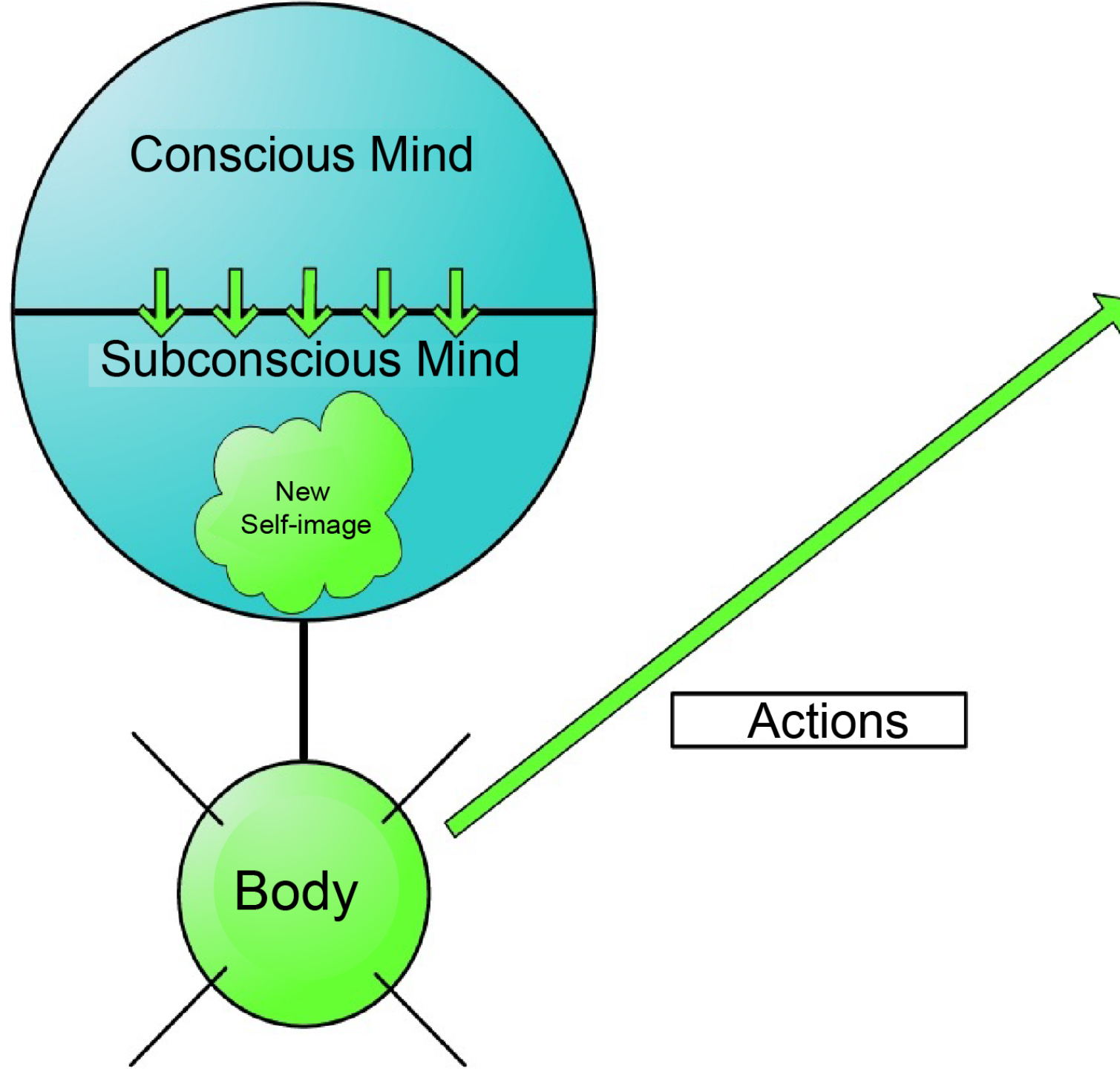


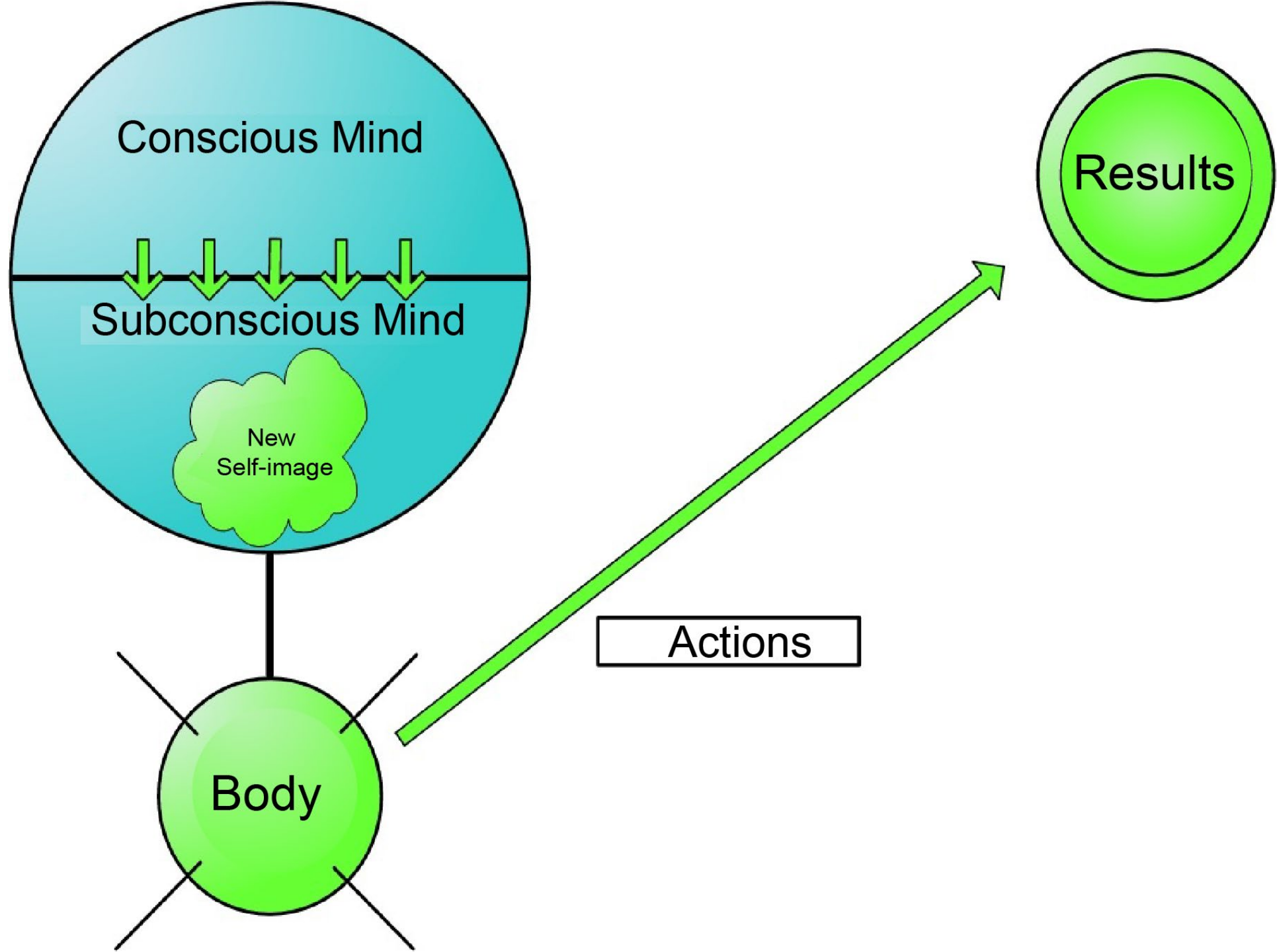








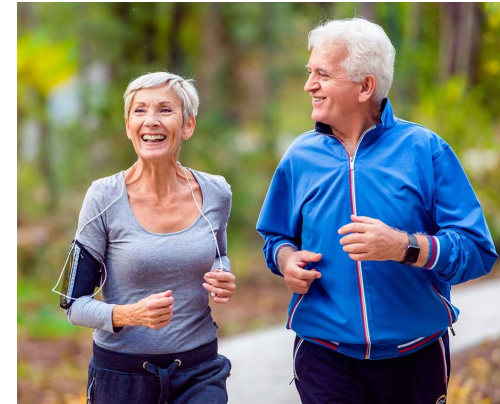
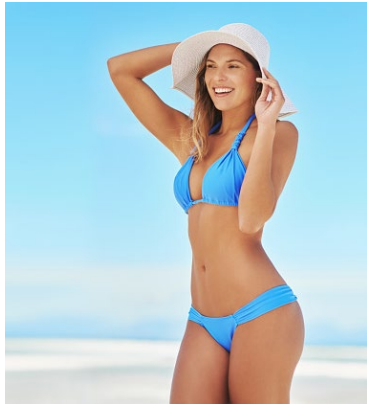






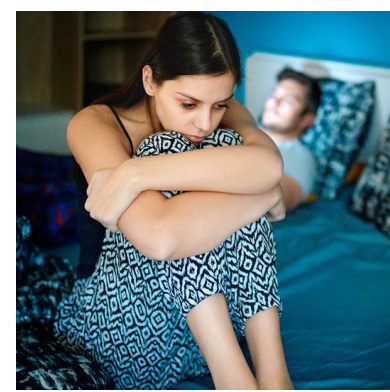
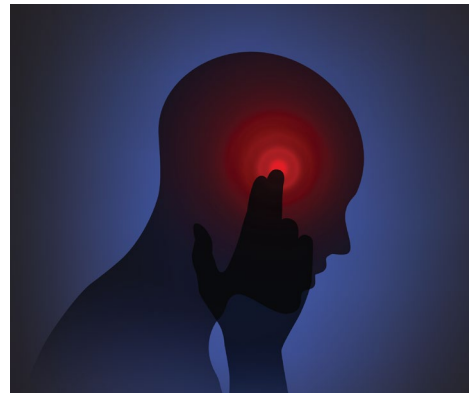
MOTIVATORS FOR CHANGE

GAIN PLEASURE



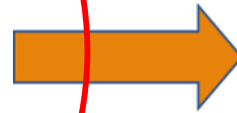
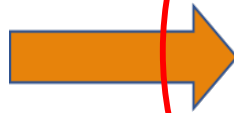
MOTIVATORS FOR CHANGE

AVOID PAIN



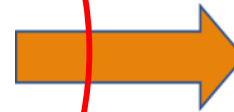
AUTOSABOTAGE

PLEASURE=PAIN



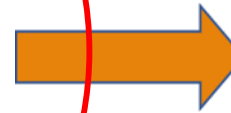
AUTOSABOTAGE

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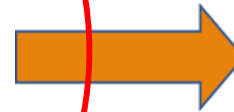
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PLEASURE=PAIN



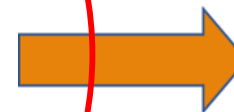
AUTOSABOTAGE

PLEASURE=PAIN



AUTOSABOTAGE

PLEASURE=PAIN



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AUTOSABOTAGE

PLEASURE=PAIN



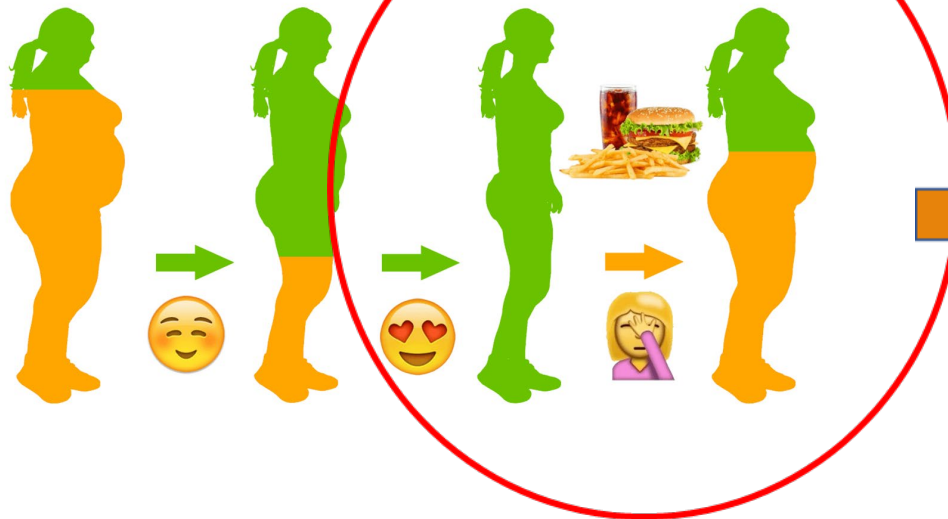
AUTOSABOTAGE

PLEASURE=PAIN

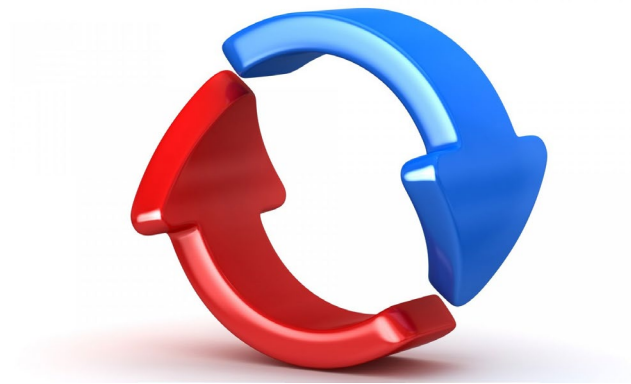
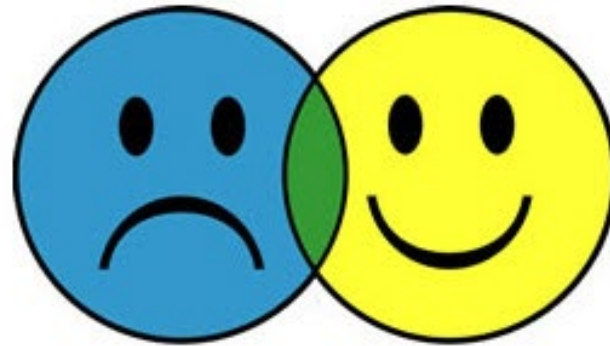
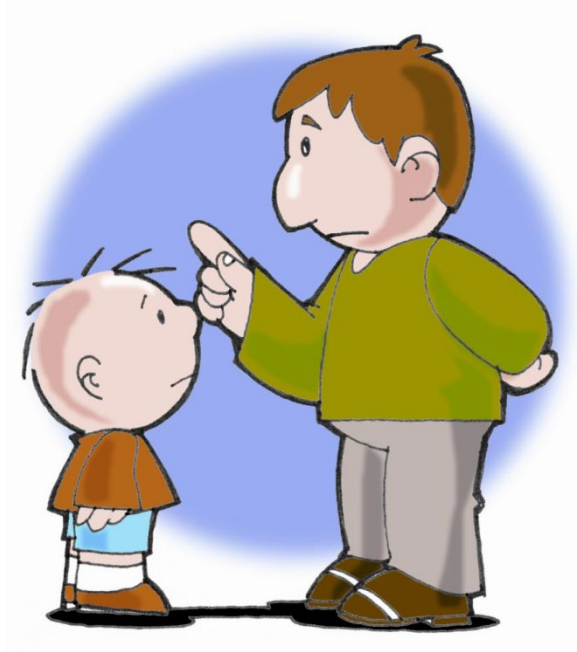


AUTOSABOTAGE

PLEASURE=PAIN



CHANGE YOUR PARADIGMS



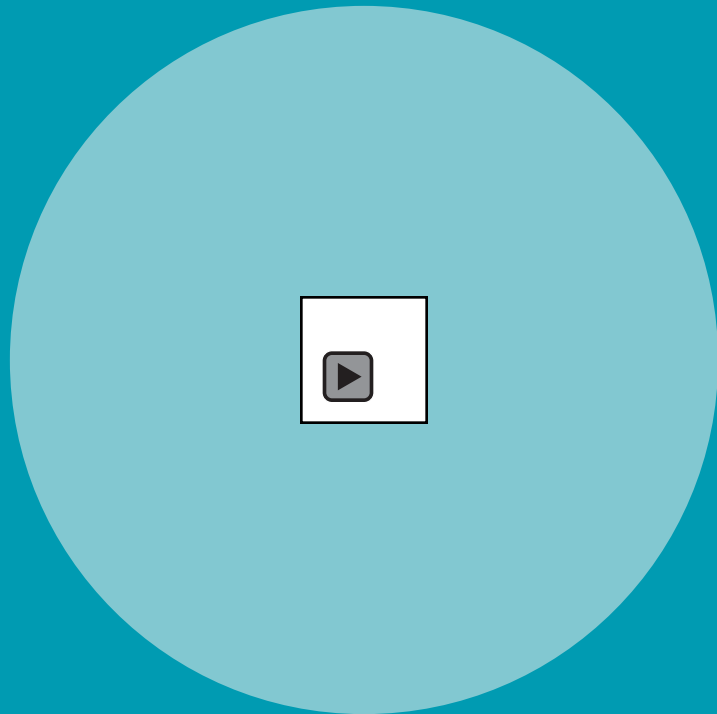
SUCCESS LEAVES CLUES

1. A CLEAR AND DEFINITE VISION OF YOUR GOAL



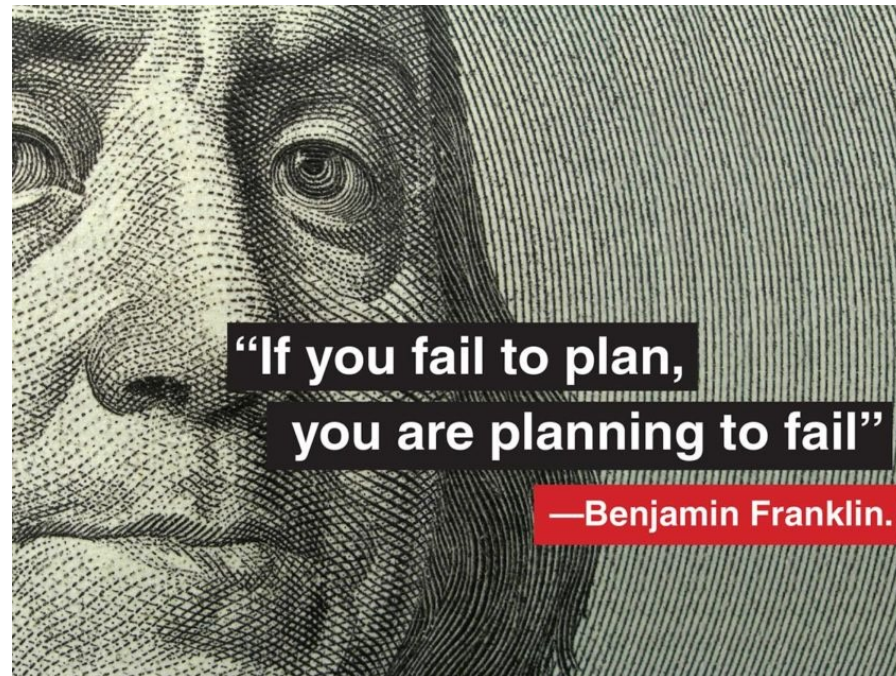
VERSUS





SUCCESS LEAVES CLUES

2. HAVE A STRATEGY AND ACTION PLAN WITH SPECIFIC DEADLINES



SUCCESS LEAVES CLUES

3. CLOSE YOUR MIND TO NEGATIVE AND DESTRUCTIVE OPINIONS



“Each one of us, in his timidity, has a limit beyond which he is outraged. It is inevitable that he who by concentrated application has extended this limit for himself, should arouse the resentment of those who have accepted conventions which, since accepted by all, require no initiative of application. And this resentment generally takes the form of meaningless laughter or of criticism, if not persecution.”

~ MAN RAY

SUCCESS LEAVES CLUES

4. A SUPPORT GROUP



SUCCESS LEAVES CLUES

5. FAITH IN THE PROCESS

“FAITH IS THE ABILITY TO SEE THE
INVISIBLE AND BELIEVE IN THE INCREDIBLE
TO OBTAIN WHAT MASSES CONSIDER IMPOSSIBLE!”



SUCCESS LEAVES CLUES

6. NEVER TRY, INSTEAD, BURN YOUR SHIPS



SUCCESS LEAVES CLUES

7. STRETCH YOURSELF



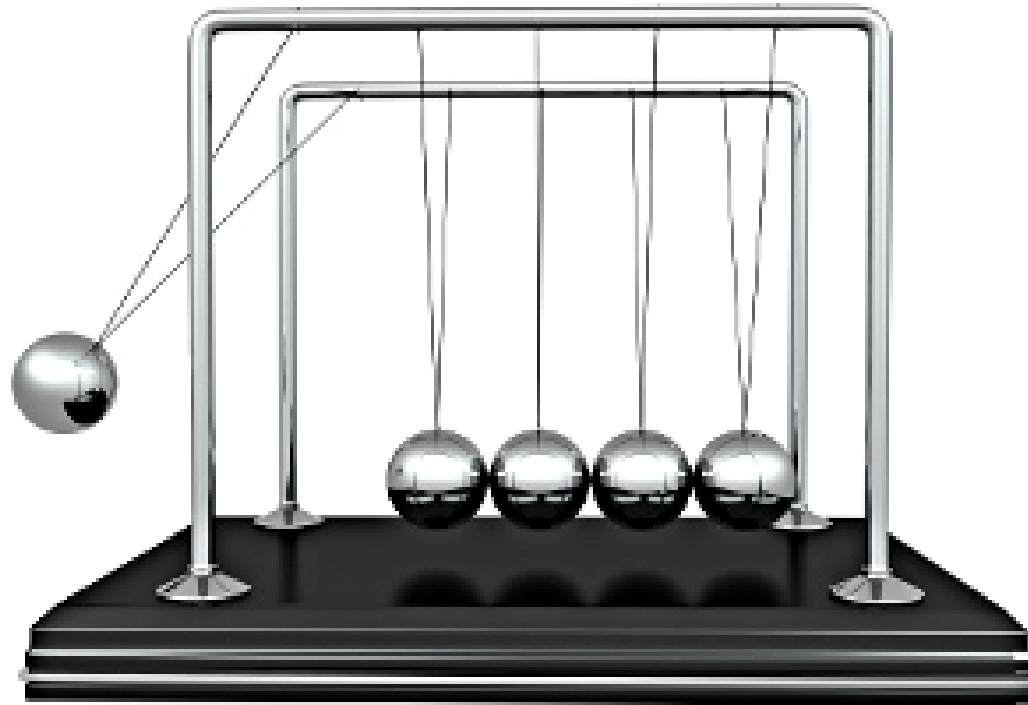
SUCCESS LEAVES CLUES

8. BE EXCELENT: EXCEED YOUR OWN
EXPECTATIONS AND THOSE OF OTHERS
ABOUT WHAT YOU ARE CAPABLE OF



SUCCESS LEAVES CLUES

9. TAKE FULL RESPONSIBILITY FOR YOUR RESULTS



SUCCESS LEAVES CLUES

10. ANTICIPATE TRIGGERS OF BAD BEHAVIOR AND AVOID THEM COMPLETELY

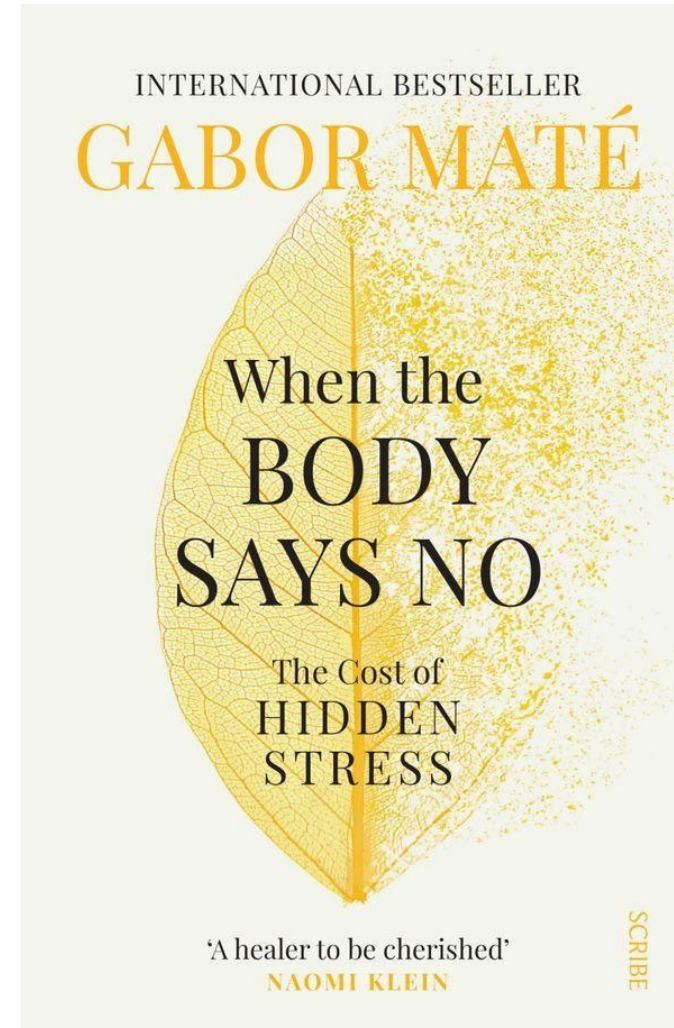
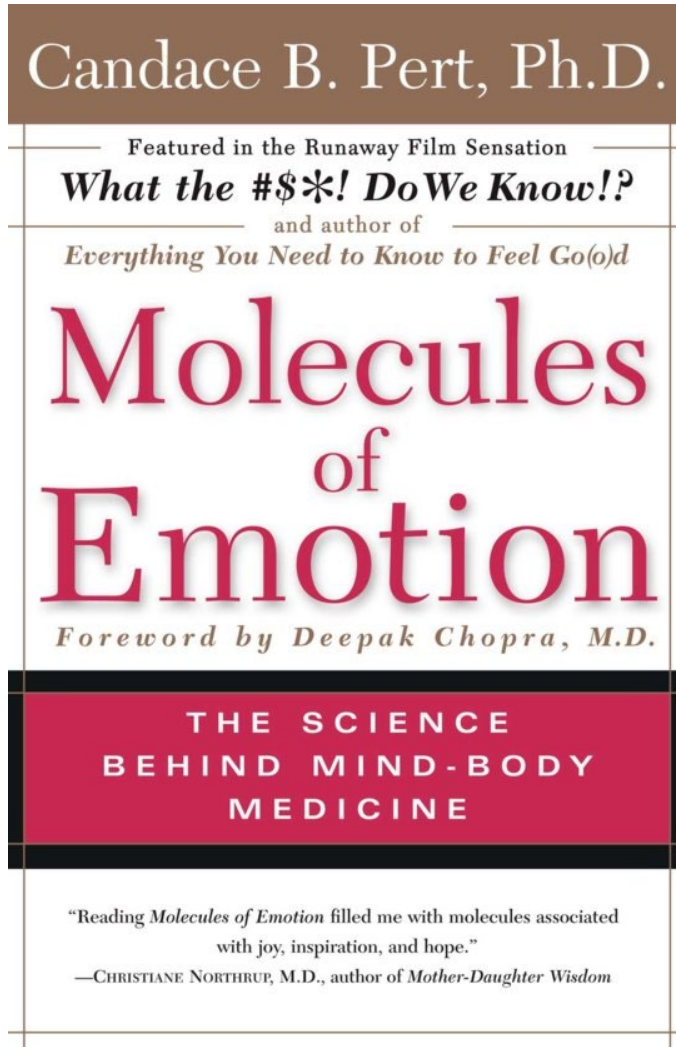


SUCCESS LEAVES CLUES

12. PRACTICE PATIENCE AND PERSISTANCE



MIND-BODY CONNECTION



THANK



YOU!