Introduction

When it comes to doing something we want to do, almost nothing can stop us from making the time to do it! On the other hand, when our thoughts turn to something we have to do, often we’ll find every excuse in the world not to do it. Losing weight is a mental game.

Maybe Tomorrow

No matter how much others encourage us to make good eating and exercise choices, ultimately the commitment to get healthy is up to us. Sometimes, it’s no fun at all. We would rather do anything else. Our brains come up with every excuse in the world to not do it. What kind of excuses do you find yourself using to skip a workout or to eat something that’s not on your plan?

(Allow a few minutes for members to write down their go-to excuses. Invite them to share with the rest of the chapter, if they would like. Then, turn to the next page.)
wanna!” when faced with healthy choices. At times, the only thing left to do is to discipline ourselves and think about our long-term goals. Sure, those goals might not be fun or taste as good in the moment, but in the end, self-discipline is a muscle that gets stronger every time we exercise it. Come back to chapter next week and let us know what you said to your brain when it started trying to make excuses for you.

Talk Yourself Into It

Some of us may have said:

“I don’t have time.”  
“My workout clothes are in the wash.”  
“I don’t have any healthy food in the house.”  
“It’s too cold/hot outside.”  
“I’ll do it later.”

Whatever our excuses, let’s take some time now to think about how to reverse them. Instead of saying, “I don’t have time,” try thinking about exercise and eating a healthy dinner in these terms: “I am making time for self-care. I get to move my body and nourish myself.” Maybe finding all our workout clothes in the wash says that we’ve been working out regularly and that we could treat ourselves to a new item or two. Or, not having any healthy food in the house means we get to hit the salad bar at the grocery store and then add healthy ingredients to our carts after we’ve eaten there. How can you address and reverse the excuses you use most often?

(Give members a few minutes to think about how to reverse their excuses. After they’ve had a chance to write, invite them to share with the rest of the chapter.)

Sometimes, our life circumstances can make it mighty hard to keep to our routines. It might seem like everything is trying to get in our way! We wake up and get to the gym, only to realize that we’ve forgotten our shoes. Likewise, we leave for work and forget our healthy lunch at home. We wanted to get a walk in, but an ice storm hit today.

Woody Allen said that 80 percent of success in life is showing up. In what easy ways can you prepare yourself so that when an excuse crops up, you can still show up and be successful in your weight loss?

(Allow members a few minutes to write the ways they can be prepared. Invite them to share easy ideas for planning ahead.)

Motivation vs. Discipline

Lastly, in the absence of motivation, discipline is our friend. Maybe we find that there is no “later” in “I’ll do this later.” That’s when we just do it. Many of us have an inner 6-year-old who kicks and screams and says, “I don’t wanna!”