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Two-Minute Drill

Lose Weight and Get Rich



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Another diet book is out today, Diet Myths That Keep Us Fat. Myth number one: "Being overweight is not your fault." Oy Vey.

Change begins only when we have a **uncompromisingly clear** view of reality. This is the most painful and difficult step of change. Why difficult? In many different ways people can have their attention drawn away from reality: it can be unpleasant, can conflict with outcomes we desire, and can threaten the things we perceive make us happy. Is it any wonder that under such conditions we are tempted to believe outrageous claims, that our intentions get deflected, and our actions become inconsistent with our desired outcomes?

Who wouldn't be attracted to the notion that being overweight isn't one's own fault? Diet Myths will sell one billion copies.

But the uncompromising clear reality is:

- Losing weight means you have to eat less and exercise more.

Phil Jackson wrote in Sacred Hoops, *"The gap between accepting things the way they are, and wishing them to be otherwise is the tenth of an inch of difference between heaven and hell. If we can accept whatever hand we've been dealt - no matter how unwelcome -- the way to proceed eventually becomes clear."*

Consider the following quote by Chaing Tsu, a fifth-century Taoist:

*"When the archer shoots for nothing he has all his power...
 When he shoots for a prize of gold he goes blind or sees two targets...
 The prize divides him."*

Ask yourself:

Am I defining the my situation in clear and uncompromising terms?

How am I working to avoid having my attention divided by what I "hope" or "wish" or "desire" the situation to be not as the situation really is?