

# The 30 Pound Club

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## The Demons

If you've been reading the Message for a while, you know I'm a movie buff. For some reason, lines from movies stick in my head—which sometimes drives Paula a little crazy. This one is from the Clint Eastwood movie "In the Line of Fire" and it was used twice in the movie:

*What do you see when you're in the dark and the demons come?*

Let's apply that to losing weight: what do you think about when you think about your weight loss efforts? Do you think about what you've accomplished or what you didn't do?

- If you've just dropped a dress size, do you think about how eating just a little less really paid off, or do you think, "Everybody knows they're making the sizes bigger now"?
- If your jeans are a little looser, do you think about how the 30 minutes a day walking was no big deal to get looser clothes, or do you think, "All that time spent walking, and this is all I got for it?"
- If you're up a pound or two, do you remind yourself that you did what you were supposed to do and it's probably just fluid retention, or do you think, "What's the point? I just can't seem to lose any weight."

It really comes down to attitude, doesn't it? Every situation can be viewed in different ways, but what a difference it can make in your state of mind! I don't mean that you kid yourself; if you haven't put in the effort, you can't expect results. You can't remember the day that you ate way more than you should have and you were down a couple of pounds the next day and think that's normal. In the long run, the day in, day out attitude you bring to your efforts is what's going to make the difference between success and failure. Because the demons will come—the self doubts and negative thoughts that make you feel like quitting. It's up to you to squash them with positive thoughts about the healthy changes you've made and the successes you've had—and will continue to have as long as you keep at it.

It goes back to what I wrote about last week. *Why* do you want to weigh less and be fitter? I can't let today go by without giving you one of my reasons for trying to be leaner and fitter. Today Paula and I are celebrating the anniversary of our first date 23 years ago. It's been a great time, and we want it to continue. Life together is better when you can do the things you want to do without your weight or lack of fitness getting in the way. We're not always as successful as we'd like to be, but we never quit trying. There are places to go and dances to be danced.

That's one of my reasons why. Your reasons why are what you should be thinking about when you're in the dark—and all day long. Your attitude will dictate how you respond to victories and setbacks. Get your attitude straight and this will be:

One and Done.

What are you prepared to do today?

***Dr. Chet***



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