

*BOSS BATTLE Strategies to Lose Weight is a no-nonsense approach to healthy weight loss. How to activate your mindset, Christian principles and action strategies are shared to help you achieve better results.*

## **BOSS BATTLE: Strategies to Lose Weight**

By Das Smith MPH

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# BOSS BATTLE

**Strategies to Lose Weight**



Das Smith, MPH

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First Edition

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This book provides content related to topics on diet and total wellness. As such, use of this book implies your acceptance of this disclaimer.

## **About the Author**

DAS Smith, MPH (Master of Public Health), RD (Registered Dietitian, and LD (Licensed Dietitian) earned a Bachelor of Science in Dietetics from the University of Maryland and her master's degree from Loma Linda University in California. She is the President of Health Opera and has shared health information via her books, national radio, and television.

After leaving her position as the director of the dietetics program at a nearby college, she became a full-time entrepreneur. Das has shared vital information on health and wellness with corporations, private industries, classrooms, and via national radio and television.

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# **Chapter 1:**

## **Sturdy Your Foundation – Focus on You**

### **Attack Strategies:**

- Activate your mindset
- Clarifying your values
- Self-inventory--start here
- Roll call

If losing weight has been an unsuccessful journey for you, let this be your last stop. We are going to focus on a wider picture than just what you do or do not eat. Our journey won't be swift, but it will be an all hands-on-deck method. There is no rigid or crazy diet to follow. You follow the guidelines presented and incorporate these as you apply the strategies of the Three-Pronged Approach.

### **Activate Your Mindset**

Words of wisdom recorded in Proverbs 23:7 says, "For as he thinketh in his heart, so is he: Eat and drink, saith he to thee; but his heart is not with thee." What are you thinking? "If you think you can or you can't, you're right" is a famous quote by Henry Ford, the founder of Ford Motor Company. To move definitively requires your complete focus. Your mindset in achieving goals, relies on your belief you can do it.

Olympians train their minds to develop a winning mindset. They regularly practice positive self-talk and keep their focus. In the diet battle zone, you must keep your desired outcome. This may mean associating with healthy positive people, reading motivating material, and visualizing your end goals.

When in graduate school, I was always tempted to be with friends who were not in school and having fun. However, I kept my focus on what I really wanted. I didn't allow temporary pleasures to distract me. You must determine your path to victory with the strategies presented in this book.

Create a visual board with pictures of you at a weight you prefer to be or pictures of others you admire. Daily absorb these pictures as you walk toward your goals.

Set realistic goals. If you want to lose 40 pounds, break down how many pounds you must lose weekly. The recommendation is one to two pounds per week. You can possibly lose three pounds, but we are working toward long-term goals and incorporating realistic targets.

Start reading Proverbs 23:7 on a regular basis and allow these principles to be embedded in your mind. Counter negative thoughts with positive ones. For example, replace thoughts of what you cannot eat with thoughts of what you can eat. I did this when I first became a vegetarian. I thought about all the foods I liked that I could still eat and this helped me tremendously.

Take time to learn the principles in this book. All tactics are included for a reason. The Three-Pronged Approach is a holistic plan to guide you to a better life.

Reward yourself for your remarkable efforts. Do not choose food as a reward. Expand your horizons to enjoy other incentives. We are introduced to food as a reward in childhood. Cake and ice cream at your birthday parties. Our cultures centers around food at celebrations, funerals, and other significant gatherings. Enjoy a host of other pleasures to reward you. Keep practicing your new positive mindset.

## **Clarifying Your Values**

Values are our principles of standard, and code for judging what is important in our lives. What is most important to you? If health is not

important to you and you just want to lose weight, keep reading to get a more rounded picture to help with your desired outcome

Vague value clarification jeopardizes your crystal vision for success. When trying to lose weight, you must make daily decisions to reach your goal. You must first identify your target before you can hit it. Once identified, you must then figure out how to hit the target.

Value Clarification, helps you see what is most important to you. For example, if health is ranked the lowest on your list, then more knowledge and reflection are needed. Decide whether you want to lose weight for appearance or health. Rank your values according to where you are today. You can adjust them as you get more information.

## **Self-inventory – Start Here**

The Three-Pronged Approach includes looking inward to identify your fears, challenges with previous weight loss attempts, and other roadblocks that can interfere with reaching your desired outcome.

Let's take a look at these general roadblocks to actuating your personal values. Fear, fragile, and focus are the areas I want you to closely review.

### **Fear**

Fear has two sides. A positive, and a negative side. When you drive on an icy road, you have fear. This is good because if you didn't you would increase your risk of an accident. However, the negative side of fear can be immobilizing. You had numerous failed attempts at weight loss so you don't put forth much effort to try again. To gain control, you must count the cost and decide you are worth every effort you implement to be a better you.

I have a plaque on my wall that states, "Always do what you are afraid to do". In other words, your fears will only diminish when you

confront them and take the leap. Leap forward daily looking forward to the better you.

## **Fragile**

An important part of self-inventory includes the concept of being fragile. For example, taking certain substances can induce fragility by impairing your judgment, and memory, and rendering you in a delicate state. Our holistic plan for you is to make you strong inside and out with the outcome being your desired weight loss.

## **Focus**

Another self-inventory part for you to review is your focus. Losing weight includes an intentional focus, effort, and much discipline. You may have been great at doing this for short periods with previous fad diets. However, over a period of time you want to let loose and that is when these extreme diets fail us. On this journey, you will have some flexibility. Once again, an intentional focus is needed to implement strategies that will be covered in this book (*LEARN Training for Success*, 2018).

\*\*\*\*

## **Roll Call**

This section, which I refer to as roll call, is recapping some of the main points I want you to remember. Use this as a quick reference for important messages in this chapter. Sometimes, there are assigned activities that you must complete to get a better understanding of what you need to work on most.

### **Worksheet #1 – Value Clarification**

Please rank the following from (1 to 10 from least important to most important).

- \_\_\_ family
- \_\_\_ health
- \_\_\_ power
- \_\_\_ money
- \_\_\_ relationships
- \_\_\_ authenticity
- \_\_\_ aesthetics
- \_\_\_ respect
- \_\_\_ religion or faith
- \_\_\_ freedom

## **Worksheet #2 – Self-inventory**

List two fears, fragile factors, and two areas of your life that are hindering your focus.

Fear

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Fragile

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Focus

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What will you do to address your fears, fragile areas, and focus issues?

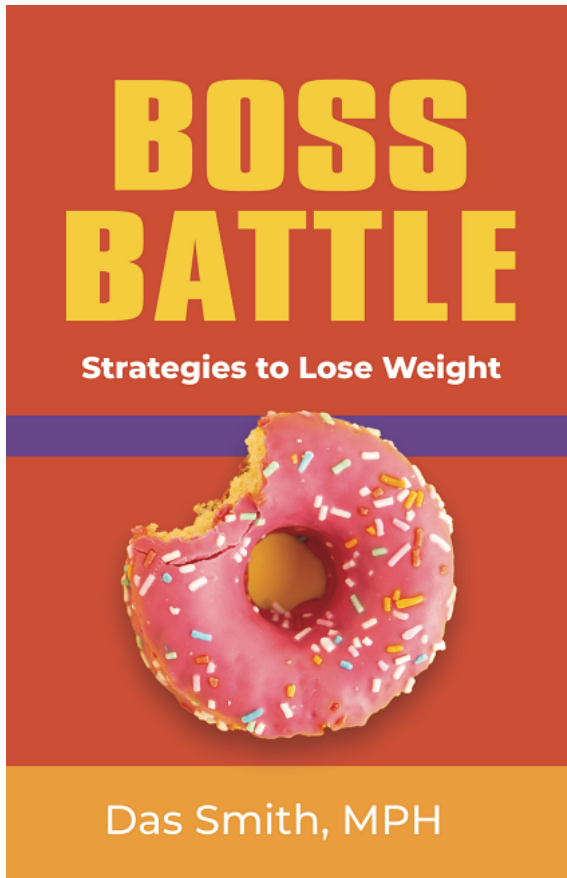
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