

DAY 3

*“The only place where
success comes before work
is in the dictionary.”*

~Vidal Sassoon

DAY
3

**The Magic Bullet:
Dirty Little Secret**

YOUR HEAD

*"This is the world we live in. And these are
the hands we're given...."*

~ Genesis

There is a magic bullet when it comes to weight loss.

It doesn't cost money, it's not hard to get, and it's not only for a special, select few. In fact, you already possess this magic tool: look down. It's your hands.

**The power to
change is in my
hands.**

Repeat after me.

**The power to
change is in my
hands.**

Our hands rub backs, fold laundry, wield hammers, reach out, type, and communicate. Our hands are the magic bullet because they control what we put in our mouths, and they control if we open the door to get out and exercise.

The power to change is in your hands. You have the single most important tool to weight loss right in front of you, and you've had it all along. That tool is you. No one is going to come and rescue you. No one else is going to help you get healthier or thinner. No one else is going to control what you eat, or whether or not you exercise. You are the writer of your own life story.



Take Action:

Look at your hands. Turn them over, palms up. Turn them back around again.

Now, no matter how silly you feel, and you may feel pretty silly, say the following action phrase: “*The power to change is in my hands.*” Say this while you are looking at your hands. Walk over to the fridge or pantry and pull out something you like that is not very good for you. Hold it in one hand, and keep the other one palm up. Again, say the action phrase: “*The power to change is in MY hands.*” Put the item back (don’t eat it!)

From now on, and for the next 18 days, say the action phrase out loud (if you can) every morning and every night—without fail. Don’t be shy...just do it.



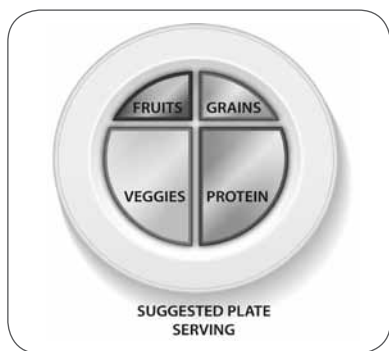
DAY 3

YOUR BODY

How Much Is Too Much? A Portion Size Refresher

Supersize me!

The easiest way to lose weight is to *not* supersize. Portions are grossly oversized, and can be one of the biggest challenges you encounter when it comes to your weight loss.



So how much should you eat? The U.S. Government has done away with the famed food pyramid and has designed the “food plate” instead. Their recommendations? On a 9-inch plate, fill $\frac{1}{4}$ of it with vegetables, $\frac{1}{4}$ with fruit, $\frac{1}{4}$ with lean protein, $\frac{1}{4}$ with carbohydrates ([www.](http://www.myplate.gov)

[myplate.gov](http://www.myplate.gov)). Some weight loss professionals advocate a slightly modified food plate with $\frac{1}{2}$ veggies, $\frac{1}{4}$ lean protein, $\frac{1}{4}$ carbohydrates (and the occasional fruit on the side).

Which works best? Only you know what’s a good fit for your body. Try them both for a week each and see how you feel and fare. The dairy? They put it in a cup on the side. I count my own dairy as protein, so I stick it in the protein portion. I’m a major cheese and hot chocolate lover.

Portion Help!

○ **At Home**

- Use measuring cups and spoons. Remember—measuring only needs to be done in the beginning (at least a few weeks). Once you get the hang of how much a serving really is, you will be better able to tell with just at a glance. (See infographic on serving sizes, next page.)
- Never eat directly from the original box, bag, or container. Serve it up in a small bowl or onto a small plate. Keeping your hand out of the chip bag cuts down on mindless eating.
- Choose smaller plates like salad plates and soup-bowls. We're tempted to fill our plates all the way, so using these smaller sizes is a lot better for your waistline.

○ **Dining Out**

- My favorite trick when eating out is to request a box when my meal arrives and immediately put half of the meal in it. It may feel funny at first, but it definitely helps reduce the temptation to keep eating. If it's in front of us, we'll eat.
- Order kids' meals. The child menu portions are generally smaller (just skip the fries).



Take Action:

Buy a 9" fun kids' plate and use that for your meals. I am very fond of my Scooby Doo plate.

Visual Portion Sizes

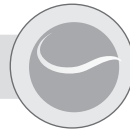
Meat (3 oz.) = Deck of cards



Pancake (1) = CD



Rice (1 cup) = Tennis ball



Pasta-cooked (1 cup) = Baseball



Peanut butter, 1 tbsp = One die



Cheese (1 oz.) = Lipstick tube



Medium or cut fruit = Lightbulb



Baked potato = Computer mouse

