

## PLEASE RELAX

This is Dr. Brian Alman of TruSage ([www.trusage.com](http://www.trusage.com)) and I have a question for you: Overall, how would you rate your motivation? I'm asking you this because we can't underestimate the importance of emotion. It's one of those key ingredients that makes up the best recipe for success.

No more excuses

If motivation is a key ingredient, then lacking the special sauce is like trying to run a marathon without your legs. Lack of motivation and enthusiasm are two of the main reasons for failure and living a so-so existence. When the emotional will has dissipated, so has your drive and desire.

But whether it's due to lack of faith in your own abilities, fear of failure, or a belief that there are more important things to do, there's one thing to remember: these are only excuses for not acting. After all, you are in total control of your state of mind and can reprogram it to awaken the motivation within.

Liven up yourself

Perhaps you haven't run into the lack of motivation issue, or if you have, maybe it's only been for a brief period. Regardless of where you stand on the motivational scale, however, reminding yourself every day that you do have the motivation to lose weight and keep it off will benefit you nonetheless.

According to Wikipedia, self-motivation is the ability to motivate yourself, to find a reason and the necessary strength to do something – without the need of being influenced to do so by another person. With this part of who you are in tact, you can achieve everything you want to. The power has and always will be within you. The solution is in your own hands and you can start as soon as you commit. Being healthy isn't a decision you make once – it's a decision you make every day. Recommitting to your goals is necessary to keep yourself on track.

So consistently commit to nourishing your body, being physically active and livening up your motivation.

Striving for Perfectly Okay

While we've been focusing a lot on breathing and relaxation throughout this process, today's exercise is about taking the relaxation you've adopted and using it to have a relaxed attitude about the many things going on in your life. I'm talking about any stress, mixed feelings, cravings, or triggers – such as people or situations. Your goal is to look at these facets of your life and know that it's all perfectly okay – in other words, if it's not perfect, that's okay.

So relax with yourself and focus on your goals for losing weight and keeping it off, for taking care of yourself on a daily basis. As you think about these goals, as well as the struggles inherent in achieving your goals – such as the unwelcome mixed emotions or the inner debates – focus on these two words: Please Relax. Say the two words to yourself or out loud, whatever is comfortable for you. Just say these two words: Please Relax.

What's interesting is you'll listen because it's being delivered from you to you in a way that's friendly, caring and compassionate.

Taking it a step further, go ahead and say to yourself on your inhales – Please Relax – and then say your name to yourself on the exhales. Try again: Please Relax on the inhales and your name on the exhales. Talk to your body and all those thoughts swirling through your mind and say, Please Relax, as you take nice inhales...and your name on the exhales.

As you practice this Please Relax breathing technique, you're learning how to relax yourself, to distress, and keep things light. It frees up your own inner TruSage and helps you come up with your own answers. Motivation becomes second nature and all the things that you want to have happen and become non-issues will start to happen more and more automatically.

That's my advice. Mix this in with everything else you've learned and Please Relax.

Thank you!

Dr. Brian Alman

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