The Body You Deserve

Weight loss strategies for a vital lifestyle

Workbook

“Willpower by itself is not enough. If we want to achieve lasting change, we must have an effective strategy.”

— Tony Robbins
The Body You Deserve®

A Step-by-Step Program for Achieving Your Ideal Weight and Maintaining it for the Rest of Your Life!

with

Tony Robbins and
Dr. Nate Booth
The Body You Deserve®

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Special thanks and acknowledgement to Dr. Nate Booth, colleague and friend who helped create and produce the original The Body You Deserve® program.
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Caution
PARTICIPANT WORKBOOK

The Body You Deserve program is designed to be used by healthy adults, 18 years of age or older, to lose weight and/or control weight.

If you have special needs, or are younger than 18, consult your healthcare provider for assistance and advice before beginning this program. Special needs include, but are not limited to: pregnant or lactating women, anyone with a chronic disease or anyone who has any medical condition requiring professional attention.

Even if you are a healthy adult, it is recommended that you consult with your healthcare provider before beginning any weight control or exercise program.

If you notice the development of any health problems once you have started a program, consult your healthcare provider immediately.
Welcome to The Body You Deserve program and congratulations for stepping up to the starting line! That’s the first and most important step of any journey. Many people have given up and are sitting in the grandstand watching—probably eating a hot dog to boot!

You won’t be on your journey alone. We’ll be with you every step of the way as your coaches and friends!

This program is the result of all that Tony Robbins has learned in over more than 30 years of helping people turn their resolutions to be trim into realities. The Body You Deserve program works, however, when you faithfully do your part. Concentrate your power for the next twelve days by listening to your CDs, watching your DVD, and reading and completing the exercises in this workbook. Follow Emerson’s advice, “Do the thing and you will have the power!”

The Body You Deserve program consists of ten CDs, a DVD, a workbook, Inspirational Message Cards with Empowering Questions and Beliefs, and weekly eating and exercise logs. Your program has four parts.

**INTRODUCTION:** The first part is the Program Introduction—Days 1, 2 and 3.

**PHASE ONE:** Next comes Phase One: What to Do! On Day 4, you will learn a way of eating that is healthful, satisfying and slimming—an eating plan that you can easily follow for the rest of your life! On Day 5, you will learn a way of moving that will be enjoyable and efficiently burn fat off your body, even while you’re sleeping.
In Phase Two: How to Do It, you’ll learn how to shift your identity from that of an overfat person, to that of a light and healthy person. You will naturally make the choices that will create the body you deserve now! **Phase Two** includes Day 6 through Day 11.

**Phase Three:** Phase Three: How to Do It for a Lifetime begins on Day 12. You’ll learn the skills necessary to maintain your success throughout your lifetime.

It’s best to use this program every day for the first twelve days. Treat yourself to a block of uninterrupted time to listen to your CDs, use your workbook and view your DVD.

Some of the days’ CDs and workbook exercises take longer than others. In each day’s checklist, we will give you an idea of how much time you should set aside to complete the next day’s program. If you do not have time available that day to finish everything, it is OK to take another day. Take the extra time only when absolutely necessary. It is most essential that you complete all of the assignments and listen to the entire CD (and watch the DVD when applicable) for each day before you continue on to the next day’s program. Most importantly, enjoy the process!

So let’s get started! If you haven’t already, listen to CD 1. Then please complete the Day 1 section of this workbook. Today is your first step from the starting line. We hope you’re excited, because it’s going to be a remarkable and rewarding journey to the body you not only desire but truly deserve!
Day 1:
CD 1: TAKE CHARGE OF YOUR MIND, BODY & EMOTIONS

REVIEW

Welcome to the first day of The Body You Deserve program. If you have not already, listen to all of CD 1. Please do so before you read any further.

3 STEPS TO LASTING CHANGE

Today you learned the three steps that are absolutely vital to create lasting change in your life:

- **Step One:** Raise Your Standards
  *Achieving a quality lifestyle with vitality and energy is not just a desire ... It’s a MUST!*

- **Step Two:** Change Your Limiting Beliefs
  *The only enemy you have in creating change is doubt. Create a sense of certainty!*

- **Step Three:** Change Your Strategy
  *Create a step-by-step procedure to help you once and for all gain the body you deserve for life.*

THE 6 STEPS OF N.A.C.

You learned the six fundamental steps of change, the principles of Neuro-Associative Conditioning:

- **Step One:** Decide What You Really Want!
  *Define a compelling future, because whatever you focus on, you move towards.*

- **Step Two:** Get Leverage! Make the Change a Must!
  *The ultimate leverage in human beings to create change always comes down to our ability to change what we link pain to and what we link pleasure to.*

- **Step Three:** Interrupt the Limiting Pattern!
  *You can’t put something new in when there is already something in the slot.*
Day 1:  
CD 1: TAKE CHARGE OF YOUR MIND, BODY & EMOTIONS

THE 6 STEPS OF N.A.C.

• **Step Four:** Create a New, Empowering Alternative Pattern!  
  *Find something that gives you what you originally wanted from the food.*

• **Step Five:** Condition the New Pattern Until It’s Consistent!  
  *Any behavior that is consistently reinforced will eventually become a conditioned pattern or habit. This will ensure that your new choices become your lifestyle.*

• **Step Six:** Test It!  
  *The ultimate test is living your daily life. Know that the changes you have made work.*

**UPDATE:** There is now a seventh step to N.A.C. The Seventh Power—creating an environment (peer group) that consistently reinforces the new standard.

You discovered these Golden Nuggets:

• **Lots of people know what to do. The true successes in life do what they know!**

• **Repetition is the mother of skill.**

• **Focus on what you desire!**

• **Consistency produces lasting results!**

• **Nothing tastes as good as thin feels!**

• **If you keep doing what you’ve always done, you’ll keep getting what you’ve always gotten!**

• **If you sow consistently, you will reap consistently!**

• **If you have enough why in your life, you will figure out how to get what you want!**
Day 1:
CD 1: TAKE CHARGE OF YOUR MIND, BODY & EMOTIONS

Answer the following question: “What do I really want?”
As you write this, get excited and be specific!

Why am I absolutely committed to creating a light and healthy body in the weeks ahead?

Write your reactions to Day 1 of this program, what you have learned so far about creating the body you deserve and what you’re absolutely committed to doing in the next 24 hours to make the body you deserve a physical reality!