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Introduction

Whether you're making a New Year's Resolution to lose weight, or you're getting started in the middle of the year, it's important to be truly committed to your weight loss plan before you get started.

Of course, commitment can be very difficult to achieve. Motivation is not something that comes easily to most people, especially those who are addicted to food.

In this report, I'm going to give you some important tips you can use to help you on your weight loss journey. You will learn how to find your motivation, keep that motivation, and prevent yourself from entering the cycle so many dieters face where they lose and gain and lose and gain over and over again.

So let's get started.

Find Motivation

The first thing you must do in order to lose weight effectively is to find your motivation. This isn't an easy thing to do, because a lot of people don't have sufficient motivation to stick to a difficult diet. And let's face it – most diets are difficult!

You need to figure out what motivates you so you can concentrate on that. Motivation is different for everyone. What motivates one person may not help another person at all.

Some common motivators for weight loss include:

- Improving your appearance for your own reasons
- Being more attractive to your partner, or to a potential date
- Gaining self-confidence
- Improving your fitness level
- Preventing potentially fatal conditions like diabetes and heart attacks