Celebrations!

It's important to celebrate achievements! How do you do this?

- Make plans for every 5 pounds you release – IN ADVANCE! Have the chart on a wall or somewhere that you can see it everyday.
- Make sure the plans are different and are not immoral, illegal, or fattening
- Have the plans be graduated so that they get more fun with each 5 pounds.
    - Example: first 5 pounds – buy a balloon that says "Congratulations"
    - Example: second 5 pounds (now 10 pounds down) – go out to coffee with a friend or loved one
    - Example: third 5 pounds (now 15 pounds down) – plan a play date with friends or loved ones or do something fun for yourself – pedicure????
    - Keep continuing with this
- Make sure that you *follow through* on the celebration
- Have the last plan be HUGE! – when you have lost all the weight you want to lose – it is a BIGGIE! I mean I am talking about going someplace fun – could be Disneyland or it could be the Caribbean. It could be a tummy tuck if you need it (but see me before than so I can teach you self-hypnosis so you will need less anesthesia and pain meds). It might be learning to fly an airplane or go scuba diving. Whatever your plan is when you lose all the pounds you want to lose, it is BIG!, HUGE! Something to really work toward.