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# Introduction

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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

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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

- Avoiding ridicule or embarrassment
- Looking better for a specific event

Make a list of reasons you want to lose [weight](#). You can use my examples if they apply to you, but try to think of some of your own, as well. This list needs to be as personal as possible in order to be effective.

Maybe you will be seeing your high school friend for the first time in 20 years and you want to get in better shape to impress them. Maybe you are having a hard time finding a [job](#), and you feel your weight may be contributing to that in some way.

**IMPORTANT:** The more personal the list is, and the more **specific** it is, the more effective it will be!

Once you have your list, arrange it in order of importance. Print the list out several times and place it in conspicuous locations. You may not want to post it on the refrigerator for everyone to see, but you should at least hide copies in magazines and [books](#) you read often, place it in your underwear drawer, keep it in your desk, etc.

You need to see this list several times per day!



## Stay Motivated

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Once you've found your motivation and made your list, it's important to keep that motivation. You won't be able to stick to the [diet](#) if you [lose](#) your motivation!

To stay motivated, you need to keep referring to your list often. That's why it's important to place the list in conspicuous places. You need to see it several times per day to keep reminding you of **why** you are [dieting](#).

Remember, specificity is critical. It's not enough just to say you want to lose [weight](#) to "look better". **Why** do you want to look better? Is it because you don't want to be subjected to ridicule by your peers? Do you want to look better to potential dates? Do you think it will help you do better at [work](#)?

The reason specificity is important is to help you stay motivated. You're not going to stay motivated just because you want to "look better". You need to remember **why** you want to [look](#) better.

Always keep the "why" in [mind](#)!

## Accept Mistakes

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Everyone makes mistakes. It's a fact of [life](#). It's part of what makes us [human](#). If we didn't make mistakes, there wouldn't be much in life that would be interesting!

When you make a mistake (and you almost certainly will), you have to accept it and move on. Don't dwell on it. Don't say, "Oh well, I screwed up today. I might as well pig out and start again tomorrow."

No! You can't do this! If you screw up, just accept it and **immediately** jump right [back](#) onto your system.

Even if you're on a less forgiving [diet](#) plan (like low carb), you must jump back into your plan right away. Yes, you make a mistake. But it's okay! As long as you return to your plan right away, it won't be a big deal.

If you can't learn to accept your mistakes and move past them quickly, you will have a very hard time losing [weight](#). Just realize that mistakes are normal, and you should **not** [beat](#) yourself up over them!



## Allow Cheating

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Speaking of mistakes, you should allow yourself to “cheat” occasionally. Many people have “cheat days” in which they can eat anything they want, or in which they allow themselves to have one highly-desired treat. Some people do this one day each week, and some only do it monthly.

If you’re on a low-carb [diet](#), you can still have cheat days. Just have more carbs than usual, however, stick to the [foods](#) you would normally eat during your phase. Obviously, sugar-laden chocolate [cake](#) would be out of the question. However, having an extra serving of almonds and [eating](#) 35 carbs instead of 20 for that day shouldn’t be a big issue.

For some people, cheat days give them something to [look](#) forward to. You can motivate yourself by telling yourself that if you cheat before your official cheat day, you’re not allowed to have your cheat day. This can help you stick to your diet for the rest of the week or month.

Don’t go overboard on your cheat day. You don’t want to gain [back](#) everything you lost in the last week in a single day. However, treating yourself to a burger and fries or a [chocolate](#) milkshake could really make the rest of the week worth it!



## Choose the Right System for You

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There is no [diet](#) in the world that is right for 100% of people. Some people do better on a low carb diet, and others do better on a low [calorie](#) plan. Some might prefer a strict, rigid structure, and others might need a little more leeway.

You need to find a diet system that is perfect for you and your lifestyle. You need a diet that [works](#), but you also need one you're more likely to stick to!

Let's take a look at a few popular diet systems. This should help you find a system that will [work](#) for you, and one you can really stick to for as long as you need to.

### Low Carb

Still a very popular system, the low [carb](#) diet is great for people who find themselves starving on other diets. If you like to eat meat and cheese, and you don't crave [bread](#), pasta, rice, and other high-carb [foods](#), this could be perfect for you.

On many low carb plans, you can eat as much as you want as long as you choose [foods](#) that don't contain carbohydrates. You can freely eat meat and [seafood](#), and you can have large [amounts](#) of cheese and other low-carb items. This can help you stay full, so you don't cheat on your [diet](#) simply to fill your stomach.

The low carb diet isn't a good choice for [vegetarians](#) or people who aren't fond of meat, because the variety of allowed foods would be too small, and you would probably be hungry because allowed foods would have too many carbs for you to eat as much as you want.

### **Low Calorie or Low Fat**

General low calorie and low [fat](#) diets are great for people who have a lot of self-control, but most dieters do not. (After all, that's often part of what made them gain [weight](#) in the first place!)

They usually require you to eat small portions, and they may not give you a lot of leeway in terms of what you eat. You may not be allowed to eat foods you really [love](#), so they could be hard to stick to.

If you try a diet like this, you may want to allow yourself to have cheat days, especially if you find the diet very restrictive.

## Weight Watchers

[Weight](#) Watchers is a type of low calorie diet, but it isn't restrictive like other similar systems. Nothing is disallowed, because everything is assigned a certain number of "points". You get a specific number of points each day, and once you have eaten all of your points for the day, you can't have anything else.

This makes the diet extremely flexible, allowing you to tailor your system to your own tastes very easily. If you like fatty, high-calorie [foods](#), you can have them, but in smaller quantities. If you prefer to eat a lot more, you can choose foods that require fewer points.

## Fad Diets

Fad [diets](#) aren't usually recommended, but they can be good for certain people. I know someone who lost about 40 pounds on the cabbage soup [diet](#), because she found she really loved the soup. It just happened to be the right diet for her, because it allowed her to eat something she really loved, and in large enough [amounts](#) to keep her full.

As long as a diet doesn't seem to be dangerous, there is nothing inherently wrong with fad diets. If nothing else, you can try them out temporarily to see how they [work](#) for you.



Some fad [diets](#) you can try include:

- Cabbage soup diet
- Lemonade diet
- Grapefruit diet
- Ice cream diet

### Liquid Diets

Liquid diets like the [Slim](#) Fast diet can [work](#), but most people do find it hard to have nothing but a drink for [breakfast](#) and lunch. This often leaves people very hungry throughout the day, and this can cause them to overeat when they get hungry.

If you're a huge fan of sweets, it might work for you. But if you're a fan of salty [foods](#), this particular type of [diet](#) might not be perfect.



## Diet Scams

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There are a lot of [diet](#) plans out there that just don't work. They claim to be able to help you lose a lot of [weight](#) quickly, but they are based on false information.

Negative Calorie Diet - One of the most common scams to avoid is the negative calorie diet. They claim you can lose weight by eating [foods](#) that require more [energy](#) to burn than you consume in calories, but this has never been proven.

Hoodia Gordonii - Hoodia is supposed to be a magic weight [loss](#) pill, but it's not all it's cracked up to be. Most people say it doesn't make any difference whatsoever to weight loss.

Acai Berry - Acai berries are high in antioxidants, but no more so than many other berries. Don't spend a fortune on acai, because it won't help you lose weight!