



4 ESSENTIAL TOOLS TO USE
WHEN DEVELOPING A
BATTLE PLAN TO



**OVERCOME THE BATTLE OF
THE BULGE THAT BEGINS IN
THE MIND**



The Journey

to

WEIGHT
LOSS



There are plenty of helpful resources to reach your weight loss goals through nutritional guidelines, caloric tracking, and exercise tips. There is a limited amount of resources designed to help you address the root issues reinforcing the inability to lose or maintain weight loss. Many individuals do not understand how their thoughts and feelings form the basis of their general emotional maturity. Misguided thinking about food fuels emotional eating and the lack of commitment

to exercise. Emotional decisions about food and exercise are made from our mind, will, and emotions. We all need to get to the source of issues impacting poor lifestyle choices to uproot them. Uprooting these issues allows for you to become transformed to live a healthy lifestyle.

Dr. Christiane Northrup promotes the idea of using a journal to practice preventative medicine. In her book, *Women's Bodies, Women's Wisdom: Creating Physical and Emotional Health and Healing*, she indicates that it is important for women (and men) to become deeply in tune with their bodies, minds, and spirits by recording their past to find clues to their present condition so that they can envision their future.



The Battle of the Bulge Begins in the Mind: Lessons Learned From The Nutty Professor is a personal development coaching resource designed to help explore emotional, mental, physical, and spiritual dynamics often overlooked in "The Battle of the Bulge". Readers gain insight into four key personal development tools to use when developing a battle plan to overcome weight loss issues. Those who utilize this resource as they develop their weight loss battle plan will also create a resource they can reference as they promote personal growth during their journey. Exploration of your personal ambition and inclinations helps you to work towards overcoming battles in other areas of your life.

The four key personal development tools in the development of a weight loss battle plan is to **Learn, Analyze, Reflect, and Plan.**

Tool #1: Learn

Obtain FACTS to INCREASE KNOWLEDGE



In order to develop a weight loss battle plan, you need to be a **CRITICAL THINKER** as well as a **CREATIVE THINKER**.

There are many people who focus on obtaining as much information as possible to develop a weight loss plan.

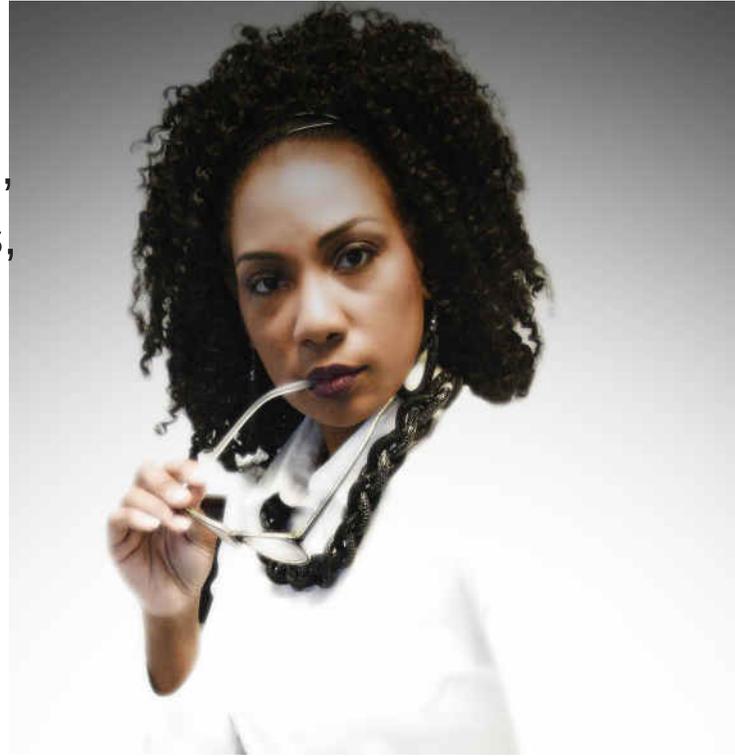
Obtaining valuable facts about health, nutrition, and exercise is an essential component to developing a weight loss battle plan. An even more vital element to the program is an insight into personal motives and behavior. A self-assessment providing an understanding of how your temperament directly impacts your overall mental and physical well-being will help you to know how to apply those valuable facts creatively into your everyday life. You are a unique human being. Why treat facts on health, nutrition, and exercise as if those elements are the only factors to consider on your weight loss journey?

The Battle of the Bulge Begins in the Mind is an effort to inform people of their need to understand their motives and behavior. Maintaining good health is about making rational choices every day. These decisions have mental, physical, and environmental implications that contribute to their success or failure in developing an effective weight loss or weight management battle plan. Insight into those personality characteristics that define your temperament can help you to promote your strengths while developing those areas of weakness that directly impacts your ability to stay on track on your weight loss journey.

Tool #2: Analyze

Utilize lessons learned to create formal, unbiased, factual opinions.

One of the hardest things to do in personal development is to be transparent and look at the good, bad, and ugly about ourselves. The truth is, the longer you avoid the truth, the longer you will remain in the circumstances hindering your weight loss success. Learning from those weight loss concepts or behaviors applicable to your battle plan can be overwhelming and challenging. -



Analyzing your daily lifestyle will allow you to consider how you can utilize the valuable lessons learned about mental and physical health. The information you learn about your personality will allow for you to analyze ways that you can apply your strengths to your daily routines. You can also consider the means to avoid or deal with those triggers that could be a roadblock in your weight loss journey. Personal analysis of the various ways you manifest your strengths and weaknesses in your approach to exercise, health, and nutrition provides valuable information in the development of a weight loss battle plan.

In the book, *The Battle of the Bulge Begins in the Mind: Lessons Learned From The Nutty Professor*, an analysis of the personality differences of Professor Sherman Klump and Buddy Love exemplifies how motives and behaviors can directly impact the choices made in accomplishing a goal. The movie illustrates the ability to enhance or develop characteristics through self-analysis that can inspire others to be their personal best.

Tool #3: Reflect

Use Self-Reflection to gain insight into your perspective



Through self-reflection, you have the opportunity to consider those personal struggles that helped shape your perspective. Development of an understanding of yourself to identify key interpretations to your approach to matters of the mind, body, and emotions is critical to making healthy lifestyle changes. Use of a coaching tool, such as The Battle of the Bulge, will allow you to sort through personal ideas to objectively understand your experiences influencing your weight loss battle. Review of your thoughts, emotions, and behaviors can help motivate you as you justify the need to make positive life changes. You have the opportunity to clarify your thinking to make it clear, accurate, and defensible as you learn to process your emotions, develop critical thinking skills, analyze conclusions shaping your perspective, and avoid making biased assumptions.

You will broaden your horizons through personal insight into those areas that need positive change. A whole new sense of self-awareness will help you to set goals for the change you desire in your life.

Tool #4: Plan

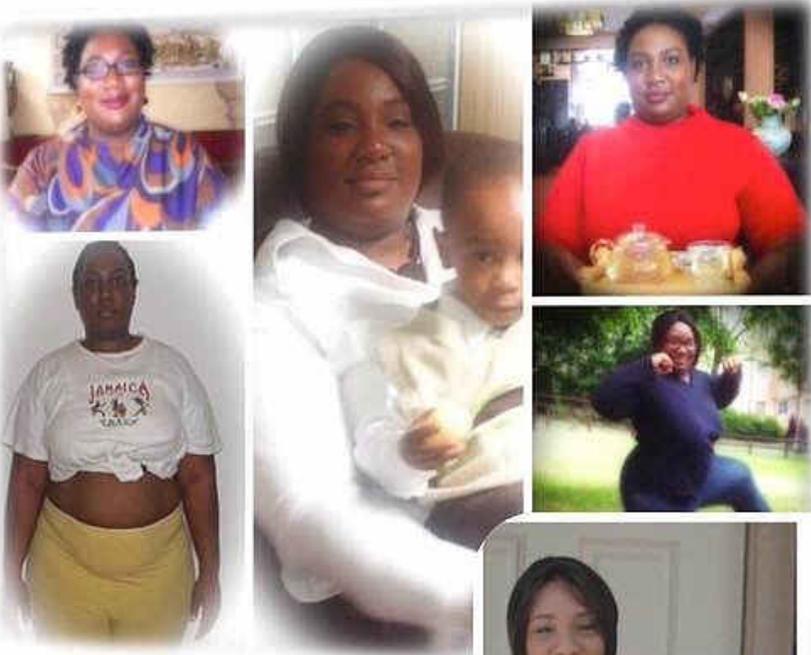
Formulate a Strategy to Apply What You Know



'The Battle of the Bulge' requires an awareness of how your personality and attitude can impact your ability to find genuine success in overcoming weight loss obstacles. Your attitude reflects your willingness to apply lessons learned. Personal failures and personal success directly affect your motivation and behavior; so it becomes even more important to understand how you use information that you know about yourself. Are you participating in an internal dialogue that promotes self-encouragement and self-motivation or a

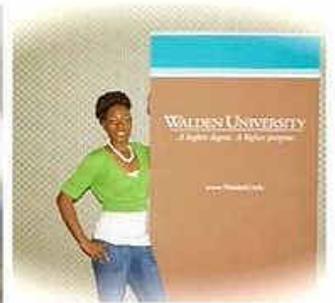
dialogue that fosters self-defeat and self-pity? Your decisions and mindset will determine future chapters of your life as you either deny or apply lessons learned about yourself, health, nutrition, and exercise.

As the librarian and author of your life, you can utilize *The Battle of the Bulge* book to strategize a plan to achieve your weight loss goals.



In August 2010, I made a life changing decision that took me on a journey that changed my life....I LOST 130 LBS....and GAINED A WHOLE NEW OUTLOOK ON LIFE....

I have tried just about every popular weight loss and exercise program. I found moderate success using those methods however they never led to lasting change and true fulfillment...My journey taught me that



“The Battle of the Bulge Begins in the Mind”

Visit www.ars-battleofbulge.com to learn more about weight loss consultation or coaching.

Book available on Amazon.com or BN.com

Visit Academic Research Solutions at: www.ars-mhrccs.com to learn more about our services or other products.

THE BATTLE OF THE BULGE BEGINS IN THE MIND: LESSONS LEARNED FROM THE NUTTY PROFESSOR
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