

Why Do You Want to Be and Eat Healthy?

Published: October 12, 2017

Pamela Burke

Pam: I'm going to read something to you. Think about if you can relate to this, especially if it comes to wanting to eat better, eat healthier, you're busy, you have a lot of responsibilities, you make everyone but yourself a priority, all right?

Listen to this: "I'm sitting all day long. I don't even get up to commute, or I don't even get up to walk. I do my crazy routine in the morning, then I get right to work. I feel like once I sit down, I am doomed, because I do not get up. I'm at place where I am not happy with myself."

That right there is from one of my clients that I work with in helping her to lead a healthy lifestyle to eat better.

She goes on to say this when wanting to know why is that you want to be healthier, what is it that you want, and here is what she said: "I want to feel better about myself. I do not feel like I'm in a good place right now. I feel heavy. I feel disappointed. I feel myself dragging. I just don't feel good. I look in the mirror. I am not happy with myself. I know it's the food choices that I am making. They just don't help. They are not helping me feel alert. They are not helping my body. They are not helping mentally. I want to feel better about myself. I want to look better. Dressing right now is just not fun. It gets to the point where you just do not want to bother."

Have you ever been in that place where you just do not want to bother? Because no matter what you've tried to change yourself, to eat better, to plan more, to be better prepared, the results you want are not happening, and you just feel eff this. Why should I bother? Well, like I said, I coach people. It's to give them support and to help them, help them make one tweak, one tweak to make a difference. That's how we start, with just one tweak.

Why Do You Want to Be and Eat Healthy?

Published: October 12, 2017

Pamela Burke

Let me read you what happened about a week or two after that particular session from one tweak. "Hi, Pam. It's going to well, thank you. I feel like I'm in a good rhythm, which is making me feel so much better overall. It's rippling over into other things."

One tweak, okay? One tweak and it's rippling over into other things. But, listen to this, listen to this, "I am feeling good, Pam. I am. I am. I'm happy. I'm happy and I'm proud of myself."

I'm happy, and I'm proud of myself. That was two weeks later after making one tweak, one. I have other clients, same thing, feeling better about themselves when on that first session that we had was you could just feel the pain, and I understood that pain. If you're interested or what to know about the one tweak, you can have a free session with me. There's a button on this page. I also keep a link on this page. You have this video. Schedule an appointment with me free. Let's just talk. Let's learn about you. What do you want to do? Why do you want to be healthier? All right?

Just make one tweak, and I can give you one right now that you can try, all right? I will also have a link to that. One thing you can try is I want you to repeat after me, all right?

"I am motivated." Say it. Say it. "I am motivated."

All right, you said it?

Here's your next one. Say, "I am determined."

What was your reaction when you said, "I am determined"?

Leave something in the comments. I want to know, did you notice something when you said the difference between, was there, first of all, a difference between I am motivated, I am determined?

Why Do You Want to Be and Eat Healthy?

Published: October 12, 2017

Pamela Burke

Share it in the comments below. Let me know. I want to hear. I want to know. I want to know what your reaction was to that.

That's one tweak, and it's real easy. That's real easy. Start with the one where you're just like, "Wow." That one that made you do that, do more of that.

Now, go out there. Get it done. Have a great one.