

# How to GUARANTEE Losing Weight Before Even Starting a Weight Loss Program

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The ONE thing that will get you all the desired results you are looking for from weight loss programs.  
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There are thousands of weight loss programs out there, some good and some not so good. But even if you have all the right tools, that doesn't mean you're going to succeed. You need something else; you need a belief in yourself and in the program that you can actually do it. You need the right mindset.

{bot\_wrgoogle}Sit down for a few minutes now and write down some goals. Write down three goals to be exact. Write down a short-term goal (1 week), and mid-term goal (1 month to 6 months), and a long-term goal (6 months to 1 year). Envision where you want to be, how you want to be, how you want to look, etc. in a week, six months, and a year. After you have some goals written down, think about your current life, the way you are now. Are you doing what you have to do to get there? Are your goals the focus of your daily life? Are you too busy? Are there too many things to do with the kids? Whatever the reason is, I'll be the first to tell you that you're wrong.

Life doesn't have to be that hard. It really doesn't. Mindset changes everything. We all know those people when we ask how their day is they give a big sympathy case on how hard their life is and how bad and frustrating their life is. You know why they're saying that though? Their life REALLY is hard and really is frustrating. Their mindset is creating this "unfortunate" world around them. We also see, however, the type of people who answer the same question by saying that their life is great, they're always having fun, they're kids are growing up strong, etc. Well guess what? Their life REALLY is like that because that's the way they look at it. These types of people have bad things happen to them too, they just choose to not let it affect them. Think about your life. Is it really that hard? Or are you just making it hard on yourself because of the way you think.

Your mindset will change the world around you. Think positive about everything. Believe that you are going to reach your goals, in fitness and in life. When people purchase my programs I hope they didn't buy them as wishful thinking that I would tell them this amazing secret that will shed the fat away forever. I do hope, however, that they bought my programs because they've decided that NOW is the time to change and reach their fitness goals.

Before you go to bed and when you wake up in the morning, envision your fitness goal. Think about the body you want, believe that you already have that body. I mean it. Actually BELIEVE that you already have the body you want. By doing that, getting that body won't be as hard as you think it might be. It's all in your head. You can do weight loss programs perfectly and you'll see some great results. But if you don't believe you are heading towards the body you truly want, well then you'll fall short. You won't get the most out of any weight loss programs, or really anything else in your life without the right mindset.

Believe and you will succeed. It's so true it's not even funny.

Dan is a personal trainer and has helped people reach their fitness goals all of the world through his phone coaching sessions and weight loss programs. If you are interested in weight loss feel free to sign up for his FREE newsletter at [www.dangrantfitness.com](http://www.dangrantfitness.com) and get his ebook, "8 Secrets to a Slim and Trim YOU" as a gift. Dan is also the author of the popular weight loss program, "The ULTIMATE 6 week Body Burn Workout" at [www.bodyburnworkout.com](http://www.bodyburnworkout.com).