Have you ever tried to lose weight, but you haven't been able to sustain
- the new, healthier diet
- exercising
- stop eating sweets
- stop drinking soft drinks
- drinking more water
- to the "new habits"
- …

Are you lacking willpower?
At least when it comes to losing weight?

Let's change that right now!

Take a deep breath.
Think about your willpower, feel into it.
Rate it on a scale from 0 to 100 – how much willpower do you have?
What number / percentage comes into you mind?
Write this number down.

Karate chop point:

Even though I'll never be able to lose weight in the long run, because I simply lack willpower, I deeply and completely love and accept myself.
Even though I have no willpower when it comes to food, especially _____ (what?), I deeply and completely love and accept myself.
Even though it _____ (annoys me, frustrates me, makes me angry, makes me sad, overwhelms me,…) that I can't say no to specific foods, I deeply and completely love and accept myself.

Eyebrow: I simply lack willpower
side of the eye: and stamina
under the eye: that's annoying
unter the nose: I'm angry with myself
under the lip: that makes me feel ____
Collarbone: I really want to lose weight
under the arm: but I don't have to willpower
top of the head: to sustain my new habits

EB: at least, I don't have enough
SE: how will I ever lose weight
UE: if I don't have willpower?
UN: it sucks.
UL: it's so frustrating
CB: why can't I just go for what I want?
UA: I don't understand it

TH: I don't understand myself

EB: it can't be that hard
SE: others can do it, too!
UE: what's wrong with me?
UN: I don't get it!
UL: what's my problem?
CB: why am I messing it up?
UA: it's not a big deal
TH: what is wrong with me?

EB: why don't I have willpower?
SE: the willpower I need to sustain?
UE: where is my stamina?
UN: why am I lacking willpower?
UL: and how can I get it back?
CB: how do I learn to have willpower?
UA: and where?
TH: I don't know

EB: is that even possible for me?
SE: you can't just order willpower
UE: at least, I can't
UN: but I need willpower desperately
UL: a large portion of willpower
CB: and stamina
UA: so that I can achieve my goals
TH: and finally lose weight

EB: that would be awesome
SE: what if I already have willpower?
UE: if willpower is already a part of me?
UN: it's been there all the time!
UL: and I just couldn't notice it
CB: I wasn't aware of it.
UA: I didn't have access to it
TH: weird

EB: but I like that idea
SE: that there's already willpower inside of me
UE: I don't have to do anything to get it
UN: it's already there
UL: the stamina, too
CB: I just couldn't reach it
UA: didn't have access
TH: what am I able to do with willpower?

EB: if I really can go for what I want?
SE: if I'm determined
UE: what is my next step?
UN: when I can reach my goal with ease?
UL: when it's simple
CB: magically
UA: when I regained my willpower?
TH: when I finally have access to it?

EB: a part of my being already knows
SE: how I can get access my willpower
UE: and stamina
UN: how to use it
UL: this part of my being is informing my system, right now
CB: with grace and ease
UA: my body, mind and spirit
TH: are receiving this information

EB: NOW
SE: the information transfer is now complete
UE: my system now knows how to access my willpower
UN: and how to gain it and make it stronger
UL: and I can feel that it's growing
CB: more and more
UA: and my stamina, too
TH: it gets stronger and stronger

EB: I can make it even stronger
SE: if I want to
UE: with an internal, magic switch – like a volume control
UN: until it's at 100%.
UL: until I feel: I have 100% willpower
CB: all the stamina of the world
UA: that feels awesome
TH: I feel awesome

EB: my willpower
SE: and my stamina
UE: are strong and steady
UN: I know they're there.
UL: I feel it in every cell
CB: that feels so good
UA: and safe
TH: and strong

Take another deep breath.

Feel into it again.
How much willpower do you have now?
Write down this number, too!

Please check – how has this number changed?

Within the next 7 days – take a few minutes every day.
Tune into your willpower.
How much percentage of will power do you have?

If it's not at 100%, repeat the exercise.
Every day.

After a week you will notice that is has remained strong and stable.

You can do the exercise twice.
Start with your relationship to eating / losing weight and then do it again on your willpower in general.

Have fun on reaching your goal.

Blessings
Michaela Thiede

If you're German speaking – please take a look at my website
https://www.klopf-kongress.de/
I'm hosting a "German Tapping Summit" every July.

My website is in German, but if you'd like to work with me in English, just send me an email at info@Klopf-Kongress.de and I'll come back to you asap.