

## Are YOU on a Weight Loss Journey? To Find Success, You'll Need to Change Your Language – and Your Mindset.

Because weight loss is MORE than a journey. It's an all-out expedition to Mount Everest!

Many will try. Few will succeed. Why? Because it's HARD. It takes planning, preparation, and training. Sometimes years of it. But ohhhh.... the view from the top!



So, what would YOU do if you were planning an expedition to Mt. Everest?

1. **PLAN.** You'd start by looking into just what it's going to take to make it happen. You'd get your maps out, study the route, plan for obstacles you might have to cross, study the weather conditions, get the gear and supplies you need, and then you would **FOLLOW YOUR PLAN.**
2. **TRAIN.** You'd know that it is going to take dedication and training to be able to endure the freezing weather conditions, make it across the arduous terrain, and survive the extreme altitude. You'd have to be in the shape of your life to make sure your fitness levels could overcome the oxygen deprivation and harsh workloads.
3. **Hire a SHERPA.** A Sherpa is a local who guides climbers and guides them every step of the way. Sherpas are the backbone of the expedition. Not only are they the muscle behind any expedition – carrying supplies and life-saving oxygen and food – they are also expert navigators, helping climbers overcome harsh conditions, extreme weather, and navigate icefalls, avalanches and extreme altitude.

Think of climbing to the summit as your weight loss phase. It takes meticulous and strategic planning and preparation. It takes months or years of training to be physically and mentally strong enough to make the summit and overcome the challenges you'll face – both mentally and physically.

Think of coming down the mountain as your weight maintenance phase. This is actually the more dangerous part of the expedition. Climbers have to stay vigilant, alert, and focused just to stay alive.

Yet even with all of the planning and the training, without a Sherpa, there is no expedition. Climbers know that they risk failure and face almost certain death without a proper guide.

Here's where the analogy gets REAL.

The quality and length of your life depends on your ability to summit your personal Mt. Everest. Why do we think that it is even possible to successfully navigate our highest mountain WITHOUT A PLAN or a TRAINING PROGRAM? And why would we ever think that we can even begin to navigate the trail, overcome the treacherous terrain, survive the extreme conditions, and carry all of our tools and food and supplies and life-giving oxygen, WITHOUT A SHERPA?

The problem with most weight loss programs is that they might throw you some supplies and hand you a map, but they don't teach you the necessary survival tactics to sustain your progress or help you carry the load. For example, they might provide the food with the program, but they won't provide the strategies to overcome stress, to help you come up with a plan for eating on the run, how to get your family to join you on your quest to eat healthier, or how to shop, plan and cook meals for yourself.

The problem with many workout programs is that they throw you straight into the steepest part of the climb – without adequate preparation and training. When you train too hard too fast you set yourself up for frustration, injury, and setbacks.

The difference between saying you are on a Weight Loss Journey and recognizing that you are actually embarking on a Life-Changing (LIFE-SAVING) Expedition is the WAY that you approach your mountain.

Will you wake up one morning and just head on over to your Everest on your own - in your shorts, tank-top, sandals, and a water bottle? How successful do you think you'll be?

To achieve your goals and conquer your Mt. Everest is not going to be easy.

It is going to be exciting, rewarding, challenging, and HARD. And totally worth it.

YOU can do it because you are prepared, you have a plan, and you've got a SHERPA to help you navigate the pitfalls and carry your extra oxygen so that you can take a deep breath and stay the course as you get stronger every single day.

If you are working to lose weight and get healthy, take a few minutes to put your plan into practice. Answer these 3 questions below to see if you're ready to SUMMIT that peak!

If you don't have a Weight Loss Sherpa or a strategic plan, and you are ready to commit to a full-on expedition that you recognize will be the challenge and adventure of a lifetime – PowerLiving 101 provides you a strategic plan and incremental training program – the stepping stones and a clear path to the top of your Everest – and most importantly, a SHERPA to help you carry your burden, battle your obstacles, and summit your Everest.

Schedule Your FREE Expedition Exploration Call at [PowerLiving101.com](http://PowerLiving101.com)

Let's Climb.

