

Motivation • Inspiration • Great Ideas

**151 Easy Things
You Can Try
-Before You Give
Up On Your Diet**



Striving for Imperfection!

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*Compiled by
THINspirational Speaker
and Columnist*

SCOTT "Q" MARCUS

www.WeightLossTipBooklet.com

ABOUT SCOTT "Q" MARCUS

Scott lost 70 pounds in the mid 1990s after countless previous attempts. What caused him to be successful was the realization that perfectionism prevents progress. Therefore, as a "recovering perfectionist," he now helps others "Strive for Imprefection" so they too can celebrate more often.

Scott is a syndicated newspaper columnist, author of three books, and publisher and founder of "Two Words" magazine.

He is available for lively, playful presentations that have been described as a cross between "attitude 101, group therapy, and a southern revival." Although part of what he does is help people lose weight he just might be willing to work with you in exchange for French fries.



Scott's older
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Acknowledgements

I believe we don't need to come up with the best ideas; we just need to recognize them.

With that in mind, I write a weekly syndicated column about weight loss, habit change, and other acts of faith entitled "Striving for Imprefection." (Yes, I know it's spelled incorrectly; that's part of the joke.)

Over the years, hundreds — if not thousands — of people have approached me. Many give me ideas for my column or share stories about their own struggles. But many more ask, "What is the best weight loss idea you've heard?"

That's hard. There are so many, for so many different occasions.

So I decided to put 151 of them in one place so you can hopefully find what you need. If an idea inspires you, please pass it along and help someone else, because I can't tell you how many people have helped me.

This booklet is dedicated to them.

Treat yourself special. Enjoy.

Scott "Q" Marcus

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1 When you lose sight of motivation, think about any and all the positive changes you have made so far and think about how good those changes make you feel about yourself.



2 Find time to be alone and enjoy it. Relax.

3 Don't buy "red light" foods, even if they're on sale. You'll eat them despite all your great intentions.

4 My best friend is the one that brings out the best in me... my best friend is me!

5 Walk on the beach early on a sunny morning listening to your favorite moving music.

6 Find an exercise that is just right (if you think exercise is boring) and has a purpose other than "just exercise" (i.e., walking the dog).

7 He who stuffeth, puffeth. (It's OK NOT clean your plate.)

8 If you are thinking about how to handle a special event, remember that it's not your LAST dinner. You can change the way you eat THIS time. There's always another meal!

9 If you feel down, make a list of positive things that have happened to you since you started.

10 Keep a journal of what you eat — and measure the portions.

11 When you feel like you need to eat for emotional reasons, choose foods that don't have a big emotional payoff such as veggies or fruit. THEN, deal with the emotion.

12 When in a panic to eat because you're "starving," drink a glass of water.

13 Do your exercise first thing in the morning before you have a chance to think about it. By the time you wake up, you're finished.

14 Keep moving forward. Do 51% of your program today. 51.5% tomorrow. 52% the day after. You'll get there.

15 Whether the scale says I gain or I lose, I am a winner because I'm confronting that old scale.

16 It's not only nice to feel good about oneself but it's nice to feel good about feeling good.

17 Don't put food on the table. Put food on your plate and then serve the plate. Leave the food off the table.



18 Try a new recipe — no matter how easy — tonight.

19

Any exercise, no matter how short the time, is better than no exercise.

20

Make sure to take a breath between bites!

21

If you feel like eating for the “wrong” reasons, drink two glasses of water and if you still want to eat, have something small. Odds are if you weren’t really hungry, you won’t want to eat after two glasses of water.

22

Take time for yourself today. Work will still be there tomorrow.

**23**

You are never alone. If you feel you need to eat, call a friend who will help you through it. Exercise with a friend who wants to exercise. You can and will lose weight!

24

Remember how you felt BEFORE you started losing weight. Don’t give up; it only gets better.

25 Fill your plate and eat 1/2 of everything. Don't completely deprive yourself of what you like. Just don't "pig out" on it.

26 Think about how much better you feel since you started losing weight and having lost those XX pounds. It will motivate you to keep going.

27 You don't have to eat till you feel miserable to be full.

28 With two big dogs and a post office box, a walk to check the mail on pretty days is a wonderful way to exercise.

29 Take a walk at your lunch break for 15 to 20 minutes and think about how much better you feel.

30 Weight loss helps to improve self image; mental and physical.

31 Don't beat yourself up if you have a rough week; we are not perfect. (Thank heaven!)

32

Don't eat and read — or watch TV — at the same time. You lose track of the amount of food devoured.

33

Never skip a meal; it makes you want to eat more the next time.

34

Think about how far you've come - not how far you have to go.

35

In the morning, put your water in a container for the whole day.

36

Chew gum when you need to.

37

Take frequent walks, especially when you're getting stressed out and want to eat. If you can't take a walk, try doing an easy crossword puzzle. It helps to keep you from eating for the wrong reasons.

38

Call a friend; get out of the house instead of eating.



39 Take a close look at yourself. Realize how important it is to you to get to goal. Keep that in your mind.

40 Purchase food in the “goodie” department for family members; but make sure they’re snacks you don’t care about.

41 Make sure to eat some of the foods you like. Otherwise, you’ll feel deprived.

42 Call a friend long distance and enjoy a visit as a reward for a habit change you’re working on.

43 Take time to enjoy a quiet moment.

44 Realize that a craving will go away. And quicker than you expect.

45 Remember that rewarding yourself is an important aspect of changing a behavior. Reward yourself often.

46

Take it one day at a time. Have faith.

47

Yesterday is gone. The future will take care of itself. Today is a present.

48

What's motivating me to lose weight is how out of shape I am. I want the weight off so I will feel better.

49

It's OK to say "no" when people are shoving food at you.

50

Failing to plan is planning to fail.

51

Don't stress about the scales. It won't help — and they don't care.

52

I will be able to wear my shorts this summer — and look hot!

53

Keep something in mind to smile about.

54

Drink one glass of water for each "extra" snack.



55 Keep your goal in the front of you mind.

56 It's great to be able to bend down without a "written plan."

57 If you feel "stalled," take time for yourself. Go shopping. It's a real inspiration to see how well clothes fit and how much better they look with 30 fewer pounds!

58 Don't shop when hungry — especially at a bakery!

59 Park as far away as you can when you are shopping anywhere (except at night or if the area is not familiar).

60 It's good to be compassionate with yourself.

61 Make hot air popcorn when you feel like eating. Spray it with a butter spray.

62 Walk away from temptation. Find something interesting to do - even if it's just for a few minutes.

63 Listen to books on CD while walking on a treadmill.

64 It is not what happens but how I respond to it that determines the quality of my life.

65 Be happy with each loss, no matter how big or small.



66 It's not going to taste as good as I'm going to look!

67 Be patient with losses. It won't come off in a few weeks.

68 When dining out, eat only half of what's served.

69 I like myself enough to take good care of myself.

70 Remember how it feels to tuck in your blouse or shirt.

71 Eat the same food you are used to eating - but modify the recipe.

72 I want to be healthy in my old age for the grandkids.

73 It's nice to see those "second glances" of admiration when you feel like you look good.

74 When you DON'T feel like exercising, do half. Feel the pride.

75 Shop with a buddy who is also watching her weight.

76

Exercise after 8 PM when you used to watch TV with a low metabolism.

77

Take a trip down “memory lane” by putting on your old clothes. THEN go shopping.

78

I do better knowing there are others “struggling” with me.

79

Never accept being “less motivated,” even due to age.

80

Realize no one does anything “hard” entirely by themselves. Get help.

81

It’s what’s inside that counts. Count on that. The rest will fall into place.

82

If you want to eat for emotional reasons, admit it to yourself and try to find a different outlet for your feelings, such as a bubble bath or a nice present for yourself.

83

This is a golden opportunity disguised as a challenge.

84 Never take your skinny husband with you when you go grocery shopping.

85 Work out to your favorite CD. It will help you go longer.

86 Exercise early in the day. Not only does it increase your metabolism all day, but then you don't have to think about exercising all day.



87 There is no such thing as a "failure" who keeps on trying.

88 Accept compliments. Be proud of what you're doing and don't be afraid to show it off.

89 Focus on being fit, rather than being thin, e.g., being able to jump over a short fence or do a hand stand on the wall.

90 It's great to tie my shoes without passing out.

91 Tell people what you are doing! Let your friends know



that you're doing the weight loss thing. Talk about your weight loss. If your support group knows your goal - they'll help!

92 Look at old picture albums to see "before" pictures as you go to remember what you don't want to go back to and how far you've come.

93 Brush your teeth as early and often as possible. It helps deter the need to eat.

94 Success is getting up more times than you fall down.

95 Clean out your refrigerator. Get rid of old temptations. (Do it when your mouth is full of something else — like gum — so you won't eat.)

96 Read the labels before deciding to buy anything.

97 Success with lots of activity makes you feel so good; it breeds more success.

98 Your thoughts control your actions. If you don't feel you're acting correctly, try thinking a different thought and see what happens.

99 Look at food not as “good” or “bad” but as a point value and decide if it’s worth it.

100 Each moment does count. Make this one a good one.

101 Look at food as gas in your tank or wood in your stove. The right amount is what you need.

102 Use a smaller plate when eating; it seems like more.

103 Picture yourself at goal as completely and often as possible.

104 Think of how much more you’ll look like a model and not so “bulgy” in the wrong places.

105 Think of how important YOU are; not only to others, but also to yourself! Isn't it important to take care of YOU?

106 Think before you chew. If you don't need it, don't eat it.

107 It's not how you feel; it's how you're going to feel.

108 How great the extra energy feels! What a big bonus!

109 YOU are in control.
No one else.

110 If it's not in the house, you can't eat it. Shop wisely!

111 Treat yourself the way you would treat a friend.
Be kind to yourself.

112 Your attitude is your life!
Play more, eat right. Be good to yourself!

113 I ask myself, "What kind of exercise do I want to do today?" Instead of "Do I want to exercise today?"

114 If you always do what you've always done, you'll always get what you've always got.

115 What you eat in private shows in public.

116 When I am exercising and I feel like I can't do anymore, I close my eyes and picture myself thin; I can then go quite a while longer.

117 Whenever you're feeling frustrated or angry, try to exercise. It helps relieve tension and stress.

118 I like having control over my life. Weight loss helped me do that.

119 Visualize where you want to be a month from now. Don't worry about a year from now.



If you can't imagine a month, imagine a week — or a day.

120 I'm here
to feel in control and
when I'm in control, I
have a good attitude.

121 Learning good eating habits
helps me feel great!

122 A full and productive life does
not require daily desserts.

123 Remember how great it felt
when THOSE jeans fit again!

124 If you have an urge to eat,
"weight" ten minutes;
remember how good it feels
when your stomach is empty.

125 You have all the
resources you need.

126 Take one meal at a time.
Take one day at a time. Take
one pound at a time. It
all adds up to success.



127 Think of yourself at your goal, then picture how a person of that size eats.

128 As long as the overall trend is in the desired direction, I am on track.

129 Don't depend on someone else to exercise with you; do it for yourself.

130 Don't buy anything you don't really want to eat.

131 There is no such thing as "failure," just "feedback."

132 You cannot control anyone but yourself.

133 Every behavior is motivated by positive intention.

134 Motivation follows behavior, it does not precede it. When you're feeling unmotivated, do an activity you know is good for you. The motivation will follow the activity.

135 Worry is interest on a debt not yet owed.

136 This is not about how quickly — but about how long — I can keep doing it.

137 If shame and guilt were motivational, we'd already be successful.

138 Look at what you need to accomplish in “small amounts.”

139 Focus on what you've done; not what you have yet to do.

140 There are no victims, only students.

141 Remember how you felt BEFORE you started. Don't give up; it only gets better.

142 You are never alone. Call someone. Even powerful people have needs.



143 There is always another choice.

144 All things will pass. Just wait for the feeling to go away. It usually takes just a few minutes.

145 It's OK to say "no" when people are trying to get you to do something you don't feel is right.

146 Trying to be "perfect" prevents you from actually being "better."

147 Success is simply losing more weight than you gain.

148 You will handle anything better if you take care of yourself.



149 Bad days happen even to good people.

150 The key is to do it more times than you don't.

151 Think "1st" (Pick **1** thing,
make it **S**mall, do it **T**oday.)



**You NEED more copies of this
booklet - trust me!**

You can pass them out to friends
and give them to relatives. Or have
them customized for your group!

For customization, contact:

151 Fun Weight Loss Tips

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