



3 Step Guide to *Losing Weight* For Good



Certified Weight Loss Coach

Samantha Nielsen

Hello Friends—

I'm Samantha — a Certified Life and Weight Loss Coach.

I spent years struggling with my weight and self-esteem. Feelings of defeat and sadness consumed me everyday as my weight soared to over 200 lbs. I often wondered if losing weight, for good, could ever become my reality. [Click here to see before and after photos.](#)

Let me assure you, losing weight, once and for all, is possible when you do it the right way!

The solution: Managing weight by increasing thoughts and feelings of self love, rather than hatred. Since I changed my approach, I've successfully lost over 70 lbs. and am keeping it off for good.

Friends, real change is possible simply by embracing a few small, simple practices. Achieving your ideal weight and increasing feelings of self-worth can become a reality once and for all!

In my **3 Step Guide to Losing Weight For Good**, I show you how to develop the internal support needed to create lasting results.

Changing how you think and feel always leads to better choices in how you take care of yourself.

As your weight loss coach, I'll teach you how to reclaim your health and happiness.

Know that I believe in you!

Let's do this together!

Samantha



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Coaching

1. *Believe* in your capability to change.

Change makes us fascinating individuals. We have the capacity to create purposeful change by choosing new behaviors. Change encourages growth and development, leading to a life of progress rather than stagnation. Yet, new skills, habits and results don't come about simply because we wish for them.

Consider the impact that even the smallest change creates. Hot water only boils at 212°. Anything less than 212° is simply hot water. It's that slight shift, of merely one degree, which is the determining factor.

Think of a time when you made a purposeful change. Belief had to be present in order for you to accomplish this change. Take a moment to write about this experience below.

What did you choose to change? What were your thoughts and feelings which supported you in accomplishing this change?

Good Job!

This evidence reflects and supports your capacity to change.

[Click here](#) to schedule a complimentary consultation today.

2. *Discover* your compelling reason.

Everyone needs a compelling reason for meaningful change to occur. Compelling reasons are backed by strong emotions. This is because your compelling reason is important to you.

Essentially, your compelling reason is your “Why”. It’s what’s pushing you forward in taking action. Your reason should be exciting, setting you on fire! Your reason for embracing change will fuel your level of commitment and success.

Your compelling reason doesn't have to be grand. Your opinion is the only one which counts. Ask yourself, “What excites me about making this change?” “Will this reason support me in making my best choice in difficult moments?” “Do I like my reason for change?” Answering these questions from a place of confidence ensures that you’re right on track.

Find your compelling reason and you’ll never be the same again!

What is your reason for wanting to create purposeful change?
What emotion supports your desire for change?

Fantastic!

You now have a reason to show up for yourself and do your work.

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3. *Commit* to one new practice.

Commitment is a purposeful emotion which supports building new habits. Commitment will sustain you when excitement and momentum fade away. This emotion invites you to show up for yourself, even when you don't feel like it. This is because you know that your commitments matter and that you matter!

Commitment is the game changer. It solidifies your determination in creating real change. When commitment is strong, you will easily say "no" to those things which don't support your goals. Some of the benefits which come from commitment are increased self-esteem, love and self-confidence. The greater your commitment to yourself, the faster you'll see these new traits grow.

Now, identify one new practice you can commit to developing. Be sure to only choose one practice at a time. True success is best achieved through small and consistent change. Once this change is a part of you, then consider working on another new habit.

What one new practice will you commit to mastering? How will you know that you've achieved true mastery of this new practice?

Bravo!

With commitment in place, real change is just around the corner.

[Click here](#) to schedule a complimentary consultation today.

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Let's Work Together—

Ready to take your life to the next level?

As your coach, you'll receive unparalleled support in losing weight—once and for all. Additionally, you'll start to experience a better relationship with yourself.

I believe that success occurs when small and achievable practices are first mastered and then celebrated! You're going to love this journey! You're going to feel great every step of the way; even when you have a hard day and struggle.

Personal coaching is the secret ingredient which you've been missing! True change comes when you're willing to do the work, both on the inside as well as the outside. That's what coaching is all about!

If you're ready to do this work and create the life of your dreams, then reach out today! I've got you, friend!

Sign up for a
complimentary
call
simply by
[Clicking Here](#)

