



A FUTURE BY DESIGN
HEALTH & WEIGHT LOSS COACHING

WHAT THIS HAS TO DO WITH TYPE 2 DIABETES

I can tell you what to do, and you might be able to just go out there and DO IT! I mean, why don't all of us just stop smoking, lose weight, and stop yelling at our kids?!

If only it were that easy. If you are like most people, myself included, it's not the WHAT we can't figure out, it's the HOW. How to get ourselves to consistently take the action we want and stick to it.

BEHAVIOR CHANGE IS HARD.

What I am going to teach you in this workbook is how to change your behavior from the root cause, or the source: YOUR THOUGHTS.

In order to reverse your Type 2 Diabetes and lose weight *permanently*, you will need to adopt a new lifestyle. This involves a lot of behavior change.

You can rely on willpower to make these changes, but eventually this will run out. Willpower is an exhaustible resource. What I am inviting you to do is to *want* your new lifestyle so that it is sustainable.



HOW YOUR THOUGHTS CREATE YOUR REALITY

When I was younger, I was taught how to talk, how to eat, how to read, how to add, and even how to drive. No one ever taught me how to think. They taught me what to think and why I should think what they told me, but they never taught me how to think a thought purposefully. I never took a class in thought management. In fact, I didn't even know that managing my thoughts was an option.

I went through life thinking what I was told to think or shown by example what and how to think. I believed the recycled thoughts of my parents and their parents. My young mind's programming went unquestioned, and remained mainly out of my conscious awareness through many years of suffering and negative emotion. My negative thoughts ultimately led to negative results that seemed out of my control.

Now I know better.

Now I know that every thought we think can be a choice we make. I know that I can retrain my mind to think in ways that bring me positive emotion and therefore positive results. I realize that it is not just what I happen to think in any moment that will determine the outcome of my life, but what I WANT to think that will bring me everything I desire and more.



As humans, it is our privilege to observe or witness our own thinking. We have the ability to learn that our thoughts, not our surroundings, create our feelings. That our feelings are the most important thing to know and pay attention to because they drive our actions and our inactions. And these get us the results in our lives.

The results in your life are a direct reflection of the thoughts in your brain.

Gaining awareness of your thinking is a skill that you will practice. You will become "The Watcher" in your own mind and discover what is driving your results in your life, both good and bad.

If you want to learn how to change the actions you are taking or a result you are getting in your life, you will need to find out what thoughts are driving them.

THE MODEL: BASICS

All aspects of our lives are categorized into five things: Circumstances, Thoughts, Feelings, Actions, and Results. There is nothing in this world that can't be categorized and understood within this framework.

Once we see how things are categorized, we can very easily see how our interaction with these things determines the whole of our lives. How we think about things determines how we feel about things. How we feel about things determines what we do. What we do or don't do creates our results. The sum of the results creates our lives. Period.

Your thoughts create your life. They are important little sentences. I highly encourage you to pay attention to them. This will be harder than you think. So many of our thoughts seem "true," so we don't even recognize them as thoughts. That is where coaching can come in.



THE MODEL: BASICS

Here is how we define the five categories:

Circumstances: Things that happen in the world that we cannot control. Facts.

Thoughts: Sentences that happen in your mind. This is where you have control.

Feelings: Vibrations that happen in your body--caused by thoughts, not circumstances.

Actions: Behavior--what we do in the world. Can include inaction.

Results: What we see in the world (our lives) as an effect of our actions. The results will always be evidence for the original thought.

As you use this model and work on your thoughts, you will assume the position of "The Watcher." Doing this work is the best way to get out of your socially programmed thought patterns and identify with a deeper level of consciousness. As "The Watcher," you become more and more aware of who you really are--someone who is not at the mercy of unconscious thinking. It's life altering to realize that every feeling, action, and result you create in your life is because of your thoughts. The mere process of being aware of this is enough to change your life.

THE MODEL: EXAMPLES

You can start anywhere with a model. What is your current problem? Answer this question without thinking too hard about it. Just write down your answer. It might look something like one of the problems here:

I have no meaning in my life. I am sick and tired of this. I am sad.

My father is dying.

I hate my job.

I weight 275 pounds.

I keep yelling at my kids.

I drink five glasses of wine a night.

I am ugly.

I don't have enough money.

Once you have written down the problem--no matter how petty it might seem--you can categorize it into one of the five areas of the model.

For example: I am sad

This is a feeling, so you would put sad next to "feeling" in the model, like this:

Circumstance:

Thought:

Feeling: SAD

Action:

Result:

THE MODEL: EXAMPLES

From here, you can fill out the rest of the model by asking the following questions:

What is the thought causing me to feel sad?
How do I act when I feel sad?
What is the ultimate result when I feel sad?

The same applies if you use a thought.
For example: **There's too much to do.**

Ask: How do I feel when I think "There's too much to do?"

Then ask: When I'm overwhelmed, what do I do or not do?

Then ask: And when I don't read my workbook, avoid doing the worksheets, and don't decide on a protocol, what result do I get?

Here is the complete model:

C: Workbook for Reverse Type 2
Diabetes Program

T: There's too much to do.

F: Overwhelmed.

A: Don't read the workbook. Avoid doing the worksheets. Don't decide on a protocol.

R: Nothing gets done or applied and there's still too much to do.

Notice how the result proves the thought.



If your thoughts suck, your life sucks. Brains are programmed for survival, so they are programmed to see the threats, and they think negatively on default. In a world where survival isn't so much a struggle, your brain is searching still for the negative. If your brain had software, it would be called "Something is wrong." What you are looking for, you will find.

Here is an example of what we will call an **unintentional model**. It is the model your brain is working on that is probably not getting you the result you want.

C: My husband forgot my birthday
T: He doesn't care about me.
F: Horrible, sad, lonely, resentful
A: Give him the cold shoulder. Avoid him.
R: Less time spent with my husband. Less connection with my husband.

Now let's examine how you, though awareness, create a different model, what we will call the **intentional model**, to feel better.

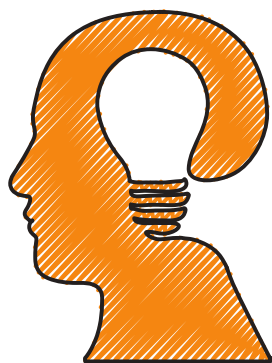
C: My husband forgot my birthday
T: I know my husband wants to help me celebrate my birthday, so I will remind him.
F: Satisfied. Love.
A: Connect with my husband. Love my husband unconditionally.
R: Enjoy my birthday with my husband.

Notice: 1. The exact same circumstance can create different experiences based on the thinking.

2. The result provides more evidence or confirms the thought.

You get to decide what to think. You can decide to think something that feels terrible or something that feels great, about the same circumstance. All the power to change how you feel is in your thinking. This is **GREAT NEWS** because it is the one area in your life where you have total control.

We cannot control the world or other people. Nothing outside of us has the power to make us feel good or bad. It is not the circumstances, but our thoughts about them that create our experience. We can't permanently change our results without changing our thoughts. We don't have to get anything or change anyone to feel better. We can feel better right now, by consciously choosing our thoughts.



**IT IS NEVER THE CIRCUMSTANCE
CAUSING YOUR FEELINGS - IT IS
ALWAYS YOUR THINKING ABOUT THE
CIRCUMSTANCE.**

THE MODEL: APPLICATION

The steps to begin applying The Model to your life right now:

1. What is my problem?
 - a.Example: I weigh ____ lbs. Or I keep eating chocolate. Or I am sad. Or I hate my job. Or I don't want to have diabetes.
- 2.Then ask yourself: Is it a thought, feeling, action, or result?
3. Fill in the rest of the model.
4. Allow yourself to see your model and understand it before moving to an intentional model.
5. Change the thought that is not working by choosing a new thought. It is important that it is something you believe.
- 6.Put this new thought into a blank model and fill it in.

Example: **Unintentional model**

C: My A1c is 10.5%.

T: There is something wrong with me and I will never get this under control.

F: Defeated

A: Avoid checking my blood sugars. Eat to comfort myself and not feel.

R: My A1c does not improve and I gain weight.

Example: **Intentional model**

C: My A1c is 10.5%.

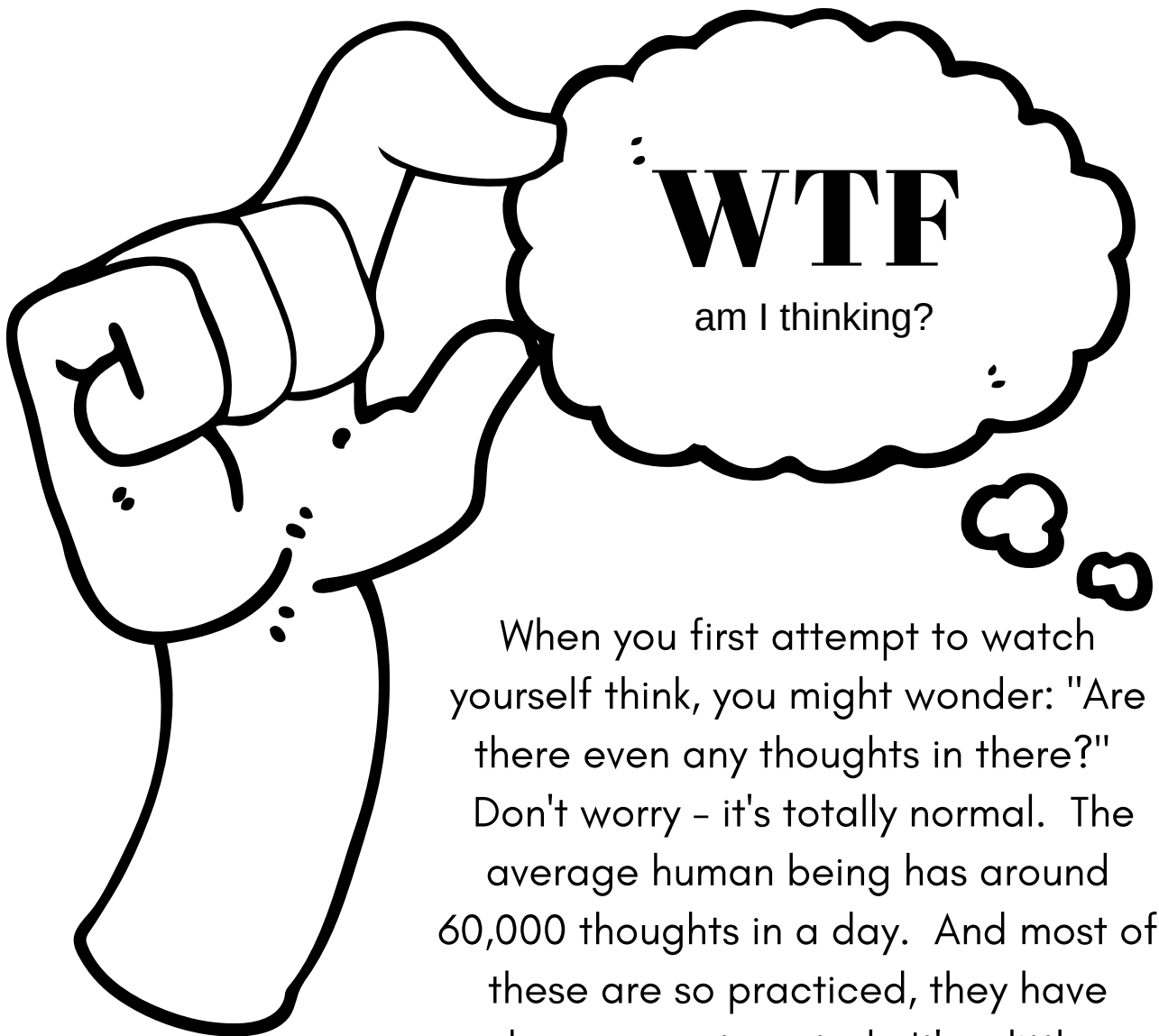
T: I am learning how to take care of myself.

F: Encouraged

A: Read the workbook and begin applying the advice.

F: Find out what works and does not work for me.

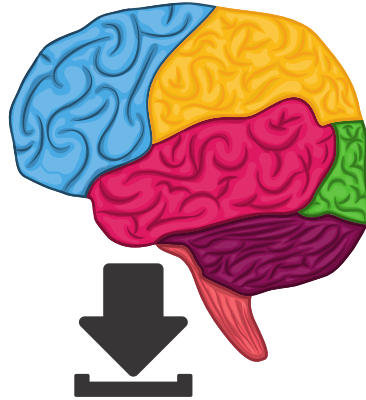
BECOMING AWARE



When you first attempt to watch yourself think, you might wonder: "Are there even any thoughts in there?" Don't worry - it's totally normal. The average human being has around 60,000 thoughts in a day. And most of these are so practiced, they have become automated. It's a little frightening to recognize that your brain has really just been operating on default with no supervision for your entire life! 🤪

And it can be a little disconcerting to learn that you've been thinking some things you would never choose to think. Just take note and be curious. Apply the model to explore what these thoughts have been creating for you.

THOUGHT DOWNLOAD



A great way to become more conscious, even before you understand the model, is by doing thought downloads. A thought download is simply a five-minute writing assignment. We ask you to write about a general or specific problem. Just free-write one sentence after another.

Simply write for five minutes without editing. You might try to stop negative thinking as it is presenting, but this is a HUGE mistake. You want to do your mental hygiene. With sixty thousand thoughts per day, and most of them unconscious, you will uncover dozens of negative thoughts. This does not mean that you aren't doing a good job in your life. It just means you are human.

I like to think of this in relation to our homes. No matter how sophisticated your home is, it gets dirty. It needs cleaning. It doesn't matter how smart or refined it is, it still needs cleaning once a day and then deep cleaning once a week. That is exactly how our minds are. We need to keep an eye on them and try to keep them clean, and then every week, it's smart to bring someone in to help, if possible (a coach), to see what you can't see.

THOUGHT ERRORS

I encourage you to question thoughts that do not serve you. Some of these will be beliefs, or thoughts you have habitually thought for a long time. This can be tricky, because they are so accepted that you may believe they are just "the truth."

For example, if you think that you deserve to eat sweets once a day because eating dessert is normal, this will give you desire to eat sweets. You might not even realize you have this thought as part of a larger mindset about normal eating.

When you recognize that this thought is creating your desire to overeat, you can decide if you want to change it.

You might change the thought to something like: Most people think it is normal to eat sweets all the time, but most people are overweight. I don't want to be overweight, so I am going to believe: My body is not designed to accommodate this much sugar. This way of eating is robbing my future self of the healthy body I deserve.

THOUGHT ERRORS are thoughts that create unwanted desire and unwanted actions.

Here are some examples:

A normal diet consists of 3 square meals a day.

All foods in moderation.

I have to order that dish if I'm going to that restaurant.

I deserve to eat whatever I want.

It won't matter if I have a little bit.

This image shows a full page of blank handwriting practice paper. It features multiple sets of horizontal lines across the entire page. Each set consists of three lines: a solid top line, a dashed middle line, and a solid bottom line. These sets are repeated vertically down the page, providing a guide for letter height and placement. The background is white, and the lines are black. There is no text or other markings on the page.

Key:

C: Circumstance. Facts. Provable in court of law.

T: Thought. Sentence in your brain about the C.

F: Feeling. Vibration in your body. One word.

A: Action. What you do or don't do. How do you show up?

R: Result. The effect of your actions. What did you create?

C: _____

T: _____

F: _____

A: _____

R: _____

C: _____

T: _____

F: _____

A: _____

R: _____