

# ***EIGHT STEPS TO TAKE BEFORE ATTEMPTING TO LOSE WEIGHT***

**DITANYAN SYE**



**Serenity Coaching**  
Become Who You Want To Be...

**ISBN: 9781483504995**

## About the Author



I was just like many of you who are reading this book, until I discovered something very important that I had given little thought to before—my compelling reasons for wanting to lose weight. When I really began to go beyond the surface of why I wanted to lose weight, I had a range of uncomfortable emotions go through my body that was aided by identifying what was actually preventing me from losing weight. My compelling reasons included not wanting to develop diabetes, having a healthier heart, not wanting to take medication any longer for hypertension, and feeling comfortable in my own skin. Then, I discovered that I wanted to be well and that weight loss was only a component of that. Once I established my compelling reasons, I had to face the brutal truth of why I was unable to lose weight. I had to admit that I was lazy and mentally weak when dealing with adversity. I would tend to avoid anything that I perceived as difficult. That made me feel like less of a man and that I was exuding a level of immaturity.

As I began to do some research about establishing a healthy diet as a lifestyle choice and not going on a diet, I discovered various approaches. Before, I would do what I thought would work without any research to support my actions and my good intentions did not lead to the results I desired. Journaling what I ate was my initial step and taking inventory of how I felt physically and mentally throughout the day. I established an action plan to focus on eating for 90 days and then transitioned to incorporating an exercise routine. I knew I could not do both at the same time. I settled on an eating plan that had me remove flour, added sugar, and wheat from my diet, and eating consistently around the same time each day. Planning my meals was a huge transition for me and I wanted to get that going before adding something else to focus on.

I knew I would not be able to succeed on this journey alone so I told everyone I possibly could about my desire to lose weight for added accountability. Never before had I actually told anyone that I wanted to lose weight. That way I could start and easily quit and no one would ever know. Because I had that conversation with myself, I knew I had to put something in place to get out of my own way. My highest weight was 374 pounds and my initial goal was to just weigh less than 300 pounds. I stayed focused on my diet with the occasional slip, but I made it to my initial goal. Once I reached that goal, I noticed that I seemed to flat line. So I did more research on the food I was eating. I set a new goal of 230 pounds and modified my diet. As of this writing, I currently weigh 250 pounds. This journey started in August 2011 and to date I have lost 124 pounds. Through this journey I have accomplished the following: reduced my blood pressure medication from two pills to one, learned to swim, improved my self-image, gained clearer thinking, my pants size reduced from 54 to 40, and I completed three cycling events with the latest being 35 miles. I feel better and my energy level is very high compared to when I used to feel sluggish regularly. I would encourage anyone who desires to lose a significant amount of weight to use the eight steps within this book to help you find what will work for YOU that helps you meet your goals.

As a result of going on this journey, I decided to become a certified professional, life and wellness coach in order to help others achieve their weight loss goals and live the life they truly want. This book is just one tool to help others. I have included my journal that I blogged in during my 21-day cleanse. In this journal I shared daily my weight, feelings, and struggles throughout the process. I share this with you to show that I am going through what you are going through. This journey is not easy, but putting structure in place will greatly help you reach your goals.