



The Skinny Genes Program

with Brittany Watkins

WEEK 6 GET YOUR SEXY ON

How many times do you walk by a mirror and put yourself down by saying something like, “God, I look fat today” or “Nice jelly roll, tubby.” Do you avoid looking at your reflection because you know you’ll see something you don’t like?

Self-defeating comments like this can rattle on constantly in your head, often without you even being aware of it.

Your internal dialogue determines the way you feel about yourself, the quality of your friendships, and ultimately the quality of your life.

How would you respond if someone walked up to you on the street and said, “How’s it going, ya fat cow?” You’d be horrified. So why not be horrified at the way you speak to yourself?

This week you will learn how to feel good about your body, even if you’re not exactly where you want to be.

What if every time you saw your reflection, you said something appreciative? Like saying in a sexy voice, “Hey, hot stuff,” or “Hiya, doll face.”

My friend Marcy is one of the most naturally positive people I know. Her internal dialogue is always uplifting. She refuses to put herself down. She also looks 20 years younger than she actually is.

A few years ago I was feeling down on myself and made a comment to her about it. Marcy shared her secret for always feeling good about herself. It was so great, I immediately started using it. What a difference it made!

Here's Marcy's trick: Each time she passes a mirror, she says to herself, "I can't believe how good you look!"

Action Step #1: Your Mirror Mantra

Come up with your Mirror Mantra. It helps if you give it a fun voice too! Borrow the voice of a good friend or a loved one!

Here are some examples:

Heeeeey, sexy.

Hiya, good looking.

Whats up, hot stuff?

Look at you! (Positive tone)

This might seem silly, but you'll be surprised at how much better you feel by changing your thoughts. It will also help change your mood, which will make you less likely to overeat or crave unhealthy foods.

TAPPING SCRIPT FOR NEGATIVE BODY IMAGE

Download more tapping scripts for free at <http://www.brittanywatkins.com>

We all have a part of our body we tend to focus on with negative thoughts. Think about the part that bothers you, or just the weight in general. Allow yourself to feel the negative emotions. Are you frustrated? Disgusted? Ashamed?

How upset does thinking about that body part make you on a scale from 0 to 10, with 10 being the most distressed?

Begin tapping on the Karate Chop point:

Even though I'm frustrated with my body, I love and accept myself.
Even though I'm frustrated with my body, I am learning how to accept myself completely.
Even though I can't stand looking at myself in the mirror, I'm open to the idea that I can love myself and my imperfections.

I am frustrated with my body.
I always pick out what's wrong.
I hate looking at my reflection.
I hate that part.
It's so flabby
so bumpy.
It doesn't look the way I want it to.
I wish I looked like her.
I wish I had perfect thighs,
a flat stomach.

I am frustrated with my body.
I want results right now.
I want this weight to be gone now.
This is taking too long.
I'll never let go of this weight .
I'll never get over this problem.

I don't like what I see in the mirror.
My legs are too big, my stomach is too flabby.
I release and let go of this judgment.
I let go of this negative body image.
All my negativity, I release and let it go.

Things can get better, I am starting right now,
I'm committed to improving myself,
I am starting now,
I am starting today,
Each day I am learning to love and accept my body,

Take a deep breath.

Tap on the Karate Chop point:

Even though I'm still frustrated with my body, I choose to let it be easy.
Even though I'm still frustrated, I am choosing to let it be easy.
Even though I'm ashamed of my body, I choose to love and accept myself as best I can.

I'm still so frustrated, I'm not seeing results.
I feel so stuck.
Nothing is working.
I just want to give up.
It will never work.
All of this disappointment
I release and let it go.

Feeling so stuck, this will never work, I give up.
This disappointment,
I'll never have that body.
I'll never be good enough.
I release and let go of this negativity,
I'm worthy and deserving of a healthy body.
I am committed to this process and I am ready and willing to change.

Take a deep breath.

It's safe for me to be fit and healthy.
I deserve to have the body I desire.
I desire a healthy fit body.
I'm willing to move my body.
I am excited to exercise.
I'm getting results.
I'm smart about the foods I put in my body.

I'm fit and healthy.
My body is great at burning extra calories.
I'm supporting my body for these changes to occur.
Every day I'm feeling more and more encouraged.
Every day I am supporting myself.

It's easy to be patient.

I'm committed to the process.

I'm ready and willing to change.

I am supporting myself with positive thoughts.

It feels good to be kind to myself.

I'm doing a great job.

Final Round

It's easy to be my ideal weight.

I feel great in my clothes.

Others notice how good I look and feel.

My body responds to my thoughts.

The nicer I am to myself, the easier it is to release the fat.

Take a deep breath.

Check in: How are you feeling now? Rate your feeling intensity on the SUD scale again. Are you down to 0? If your number is higher than 2, repeat the tapping rounds until it goes down.

This is a great exercise to do every day. For even better results, do it while looking into your eyes in a mirror.

Your body is doing the best it knows how. Encourage it and love it.

PURGE YOUR CLOSET AND DRESS YOUR SEXIEST

You know that dress in the back of your closet with the tags still attached that you will "wear someday," when you lose those last 10 pounds? Well, allow me to tell you a little story...

About a year ago, I was getting ready to move to Istanbul. (That's a whole other story, but, yes, it involved a man.) Before the move, he told me over the phone

from Istanbul, “Just bring two suitcases. We’ll get the rest of what you need here.” Two suitcases? You want me to give away all of my belongings except for what fits into two suitcases? Where will the shoes go? Surely, they’ll need their own bag, and my accessories alone take up half my dresser. My Turkish love, swore up and down that I’d be so much happier with the clothing options in Istanbul. “Baby, we have everything here. Anything you want, I will buy it for you. We have tailors. If you can’t find something, I’ll have it made for you!” Umm... three-second pause ... SOLD.

Ironically, just as I hung up, my girlfriend who happens to be about my size popped over. She had just moved into a new place and was grabbing some of my old furniture to decorate her new digs.

So, with the help of my (somewhat) biased friend, I purged my closet. I gave away all the things I never wear. That jacket from five years ago that cost a fortune, but just doesn’t quite fit right anymore—tossed it. Those skinny jeans with the tag still attached that really are too skinny for me, probably even after I lose the five pounds—into the pile. That cute top I love and wore a gazillion times but was getting just a little bit shabby—yep, that went too. After several long hours and a few very hard decisions, I ended up purging 80 percent of my closet. Yes, you heard me—80 percent.

What I realized post closet purge was that 80 percent of the clothes I tossed, I really only wore 20 percent of the time. I kept the essentials—the things I wear on a regular basis that I could not live without. Staple items—black dress, my best business suits, the two pair of jeans that fit me like a glove, my favorite boots that can’t be replaced, a few jackets...you get the idea.

So there I am, a girl with only two suitcases, ready for her new adventure in a foreign land. And then...

We broke up. Bye-bye, Istanbul.

Yes, it was heartbreaking, painful, and many other things. I lost my fiancé, the business we owned together, and our apartment all in the same day. The fact that I was now 30 and single and had just given away all my clothes didn’t exactly sit well either.

Funny thing is—when I unpacked my two suitcases in my now large closet and had only my essential staple pieces to play with, it forced me to get creative. I had to come up with new ways to mix and match my clothes.

Funny thing is—I had never received so many compliments on my clothes as I did after the closet purging. I also felt better and my choices were easier. I always had things I knew fit well and made my body look good.

Then, on what was now a tight budget, I started to rebuild my closet, but in a different way. I would spend more money on that one thing I knew I absolutely loved, rather than hit the sale racks at Macy's and buy three things that were so-so.

Action Step #1: Purge Your Closet

1. Look in your closet, and locate the clothes that make you feel hot. For one week straight, wear *only* the clothes that make you feel amazing when you look at yourself—even if you wear the same clothes every other day, even if it's an evening gown. Wear something every day that makes you feel like *who you really are—no hiding*.
2. Purge your closet. Let go of clothes that don't make you feel this way. Go through your wardrobe and if you haven't worn an article of clothing in the past year, get rid of it.
3. Every season, when the weather changes, commit to spending a small (or large) amount on upgrading yourself, one piece of clothing at a time.

WEEK 6 REVIEW

Daily Action Step

1. Mirror Mantra: Hiya, hot stuff!

Ongoing Action Step

1. Consistently upgrade your wardrobe, one piece at a time.

FINAL THOUGHTS

Ladies! Thank you for sharing your journey with me. I really hope this program helped you grow and flourish on your journey to lose weight. Please stay in touch and keep me posted on your progress by leaving me comments at www.skinnygenesfit.com

If you'd like to be notified about upcoming programs, tapping scripts, and live events, make sure you visit www.brittanywatkins.com and sign up for the newsletter!

Oh, and if you have an amazing story that you want to share with me, send me an email to Brittany@brittanywatkins.com

Our research shows us that most people lose weight AFTER the program is over, so, in the next 3, 6 or even 12 months, if you slip back into your skinny jeans, send me before and after photos and Ill send you a super duper special surprise gift!

PS- if you send a photo, you don't need to wear skinny jeans, I was joking.. just wear anything you feel amazing in!!

I hope you have enjoyed your Skinny Genes journey.

It is my souls calling and burning passion to help people create lasting changes in their lives so, PLEASE, PLEASE keep me posted on your progress. I love hearing from you.

Until we meet again...

Love and hugs,

Xo

Brittany