



Chunking Your Way to Taking A Big Bite Out of Weight Loss

Tomorrow we are doing some renovation in the house. My son, PT has agreed to give up his bedroom closets in order to allow his sister, Cara to have a bigger room. What a guy! That means that for the next few days, our lives will be in the midst of some transition.

My husband, Angel and I have different points of views on this. I suppose that you could say that we chunked this differently in our minds. Chunking is a term derived from computer language and it means to break something down into bits. These chunks of images and information are ways that you represent ideas in your head.

You can either chunk big or chunk small. When you chunk small, you are able to see all the minute details of a project. By doing that, you go from the general idea of it to the specific or from seeing the whole project to a smaller part of it.

When you chunk up or look at the bigger picture, you will then see each of the smaller chunks as part of one big chunk. This means that you are looking at something from the point of view of a broader scope generalization and moving that to a specific idea or seeing it from a whole based perspective to seeing the smaller parts of it. Chunks are neither good nor bad. Both perspectives have equal value and each is useful at different times, in different situations.

In the case of our renovation, I looked at this project as one big chunk. Here's an example:

I looked at PT's closets and saw what was needed to be cleaned up and I said, "Bam, a piece of cake." Small price to pay to end the misery around Cara's nagging for more space.

I looked at the space, assessed my ability to do the work, commit to the job and saw the payoff gleaming brightly before me. In my imagination, I saw an image of my daughter, Cara happily dancing to her music, loving her room, enjoying her big closets, everything put away and neat as a pin. I also saw her lovely face flash before my eyes with a toothy grin on it.

At the same time, I visualized seeing my son, PT sitting in his room, also happy as a clam, a big smile on his face, enjoying his new flat screen TV, looking proudly around his room, admiring all the Yankee memorabilia and pictures on his newly painted walls.

Ah, a place for everything and everything in its place. Large as life. I can just picture it all now. Happy kids, happy Mom, happy family!

My hubby, Angel took one look at the closets, and the wall that would be demolished and said, "Oh Man, how are we ever going to get this done. We can't possibly do this all today. Maybe we should call John and ask him to come next week."

He was doing some itty bitty chunking. His thoughts were on each of the small tasks within the big project. I could tell that was completely overwhelming him.

I imagine that he made pictures in his head or felt in his gut all the trips up and down the stairs with bags or armloads of clothes, furniture, and books. As a visual thinker, he probably conjured up images in his brain of seeing himself sweating, panting, dirty, frustrated, tired and hungry. He probably also was watching a movie in his mind of a slow motion image of him painting PT's room. Torture personified! From the look on his face, I could tell he was recreating something awful in his mind. He saw the nightmare. I got a glimpse of the dream.

How does this apply to your weight loss? When you hold an image of a desired outcome, in your mind, the universe will draw to you that which is necessary in order to achieve it. There's this power center in our brain that acts like a filter. It's called the Reticular Activating System. The RAS takes a command from your brain and focuses energy on bringing your thoughts to manifestation.

Think of it as an antenna. It picks up every opportunity available to make your thoughts manifest into reality. Therefore, when you focus on negative things, you will more than likely attract more of them. That is because what you pay attention to grows.

I want to caution you and let you know that there is nothing wrong with chunking small. It is essential when you want to complete a project, however, in this case, it was overwhelming to my husband. In his eyes, he was just seeing all of the difficulty and discomfort connected with this job and it was paralyzing him, causing him to want to back out and procrastinate, putting the job off, ultimately creating more chaos.

Isn't that what we often do when we have a task that seems overwhelming? We stagnate, become paralyzed, do nothing and spend our energy complaining of how miserable we are? That doesn't move us to our desired outcome. We need more.

If you want to achieve a goal, all that you need to do is connect up your highest goals with that outcome. By doing that, you will find that your task is much easier and you will naturally find ways of making it less painful, more fun and often you will enjoy the process.

That is what I did unconsciously when I first looked at my son's closets. My highest value is connecting with others. I realized that I could enjoy greater connection with my whole family when the household is better organized and everyone is less stressed. That was the motivation that I needed in order to make this appear more doable.

In order to achieve lasting weight control, you just need to be able to connect up the reasons and the methods with your highest values. It goes way beyond being a numbers game and it's not about calories or food intake. I'd like to share with you a simple exercise that can help you to connect up your goals with your values. Making this connection will shortcut your progress and rocket you toward success.

Here's the exercise:

You have to ask yourself one or both of the following questions:

What will I get when I am at my ideal weight?

What will having that give me?

After you've exhausted those questions and can't go any further, your final response will be your highest value. Here's an example of what I mean:

Continue to ask the question repeatedly until there is no higher response.

E.g. What will I get when I am at my ideal weight?

- I'll be able to buy some great new clothes.
- I'll feel more confident about myself
- I'll go out dancing, wear a bathing suit, waterskiing, etc.
- I'll take better care of myself
- I'll enjoy my life more
- I'll have fewer worries
- I'll be more creative
- I'll be a better mother, wife, lover, daughter, etc.
- I'll be more fulfilled
- I'll be a more loving person
- I'll be able to give more of myself to others
- I'll feel more connected to my purpose, God, the universe, spirit, etc.

The above example shows how you can use chunking to get to the heart of what makes your goal worthwhile, tickles your fancy, and makes your heart leap for joy. All the interim steps between asking the question and the final step are considered chunks. As with my big chunking in the case of the renovation, I went right to feeling more connected with my family. It's definitely got me moving.

I've found that there are definite benefits to being able to chunk bigger and use that vision as a driver to propel you forward on your weight loss journey. I would encourage you to focus on your goal and don't get hung up in the little details, see the big picture and connect your heart to what is deeply meaningful to you.

By doing that, you will attract more opportunities to manifest your outcome and that will give you more motivation to enjoy the process. Here's to your success!

About the Author

Andrea Amador, Certified Energy Coach and Master Practitioner of Neuro Linguistic Programming and Ericksonian Hypnosis, uses powerful changework methods including coaching, Neuro Linguistic Programming, Emotional Freedom Technique, Tapas Acupressure Technique, and the Z Point Process to inspire woman who are emotional eaters to control their bodies, overcome their fears, pare down the pounds, focus on their gifts, get unstuck and love themselves more. Through her company **The Juicy Woman**, she inspires women to live juicy, embrace their experience and spice up their lives. Sign up to join her free **Juicy Woman Fabulous, Fit and Free Call** and dig in to other yummy fat free goodies on her website: www.thejuicywoman.com.