

# Welcome to Beyond Weight Loss!

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# Introductions

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Intentions for joining the program

Goals

Motivations

Commitment

# What is a Vision Board

A Vision Board is a **visual tool** that helps **clarify, concentrate, and maintain focus** on specific life goals.

Creating a vision board is an incredibly powerful exercise that **aligns** your **goals, dreams, and intentions** with visual representation.

It serves as a **daily reminder** of your aspirations, helping you **manifest** the life you want by **clarifying your focus** and **inspiring action**.



## What a Vision Board is Not

1. **Not a “To-Do List”:** A vision board isn’t a list of tasks or a rigid checklist. It’s about envisioning the big picture, not the step-by-step process.
2. **Not a Quick Fix:** Creating a vision board is not a magical cure. It *requires action* and *belief in the process*. The board is a **reminder** and **motivator**, not a substitute for hard work and persistence.
3. **Not Just a Dream:** While it’s a creative tool, a vision board is also about *aligning your actions with your dreams*. It’s about clarity, focus, and intention.
4. **Not Static:** A vision board is not something you create once and forget. It’s a **living document that can evolve** as your goals change or grow.

# How to Create a Vision Board

1. **Set Clear Intentions:** Before you start, reflect on your goals—what do you really want? This could be for your career, relationships, health, finances, or personal growth.
2. **Gather Materials:** You'll need a board (poster board, corkboard, or digital canvas), magazines, scissors, glue, or markers. You can also use digital tools like Pinterest or Canva if you prefer a virtual board.
3. **Collect Images and Words:** Look for pictures, quotes, affirmations, and symbols that represent what you want to achieve. Trust your intuition—what excites you or resonates with your goals?
4. **Arrange and Glue:** Start placing your images and words on the board without glue first, then rearrange until it feels right. Once you're happy with the layout, glue everything down.
5. **Display Your Vision Board:** Place your board somewhere visible. The idea is to see it every day to remind you of your goals and keep your energy focused on them.
6. **Believe and Act:** Look at your board with intention, feeling, and belief. While it's a tool for manifestation, you also need to take action towards those goals.

# Things to Remember When Creating a Vision Board

- **Be Specific:** The more specific your goals and intentions, the better. For example, instead of just a picture of a “house,” show an image of the type of house you want.
- **Align With Your Values:** Ensure your goals reflect what truly matters to you, not just societal pressures or expectations.
- **Stay Open:** While it’s important to be specific, also remain open to how things manifest. Sometimes the universe has a better plan than what you’ve imagined!
- **Celebrate Progress:** Every time you achieve something on your board, take a moment to celebrate. This keeps the momentum going.

# Inspiring Stories

**John Assaraf-** Featured Expert in the documentary “The Secret” (His dream house)

**Jim Carrey-** The Actor (\$10 million for acting)

**Sarah Centrella-** The Author of “*#Goals: How to Get Everything You Want – Faster Than You Ever Thought Possible,*” (After going through difficult divorce - she was able to achieve her goals, including travelling to 5 different continents, running marathons etc.)

**Other Stories..**

# Beyond Weight Loss

Root  
Level  
Approach



# Beyond Weight Loss..

Clear Road Map (Step by Step Process)

Support for Success

Accountability to Raise your Standard

# Beyond Weight Loss- Success Secrets

## Consistency

(Small steps, trying your best)

## Patience

(Sometimes outcomes are not obvious. Winners are not quitters)

## Follow the Steps

(As closely as possible)



# Forming Sustainable Habits

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# Focus on Good Health and Weight Loss will Follow

# 1) Focus- On Creating Your Best Health (Identity, Belief, Process)... Weight Loss (Outcomes) will follow

Beliefs are important- They propel you toward consistency, creating and continuing to create good habits

Eg., Smoking- I cannot have the cigarette because

- **I want** to quit (Outcome)
- **I am** not a smoker (Identity, Belief)

I cannot eat unhealthy food because

- **I want** to be skinnier (Outcome)
- **I am** in my best health I have ever been in (Belief)

If Outcome is not there for the time being, you are not discouraged. You'll continue to work on the process (This will help you bring consistency)

# Repetition And Action is the key..

The more you repeat a behavior, the more you'll reinforce the belief.

Habits shape your Identity (Beliefs)

Identity (Beliefs) shape your habits

I am **breathing** because I am a **calm person**

I **exercise** because I am **committed to fitness**

**Having the right belief will help you with consistency of habits**

**Taking action and repeating habits will help with affirming the belief**

## 2) Stacking Habits

Make New Habits Easier by Attaching Them to Existing Habits

Attach a new habit to something you already do daily

- Example: Brush teeth → Meditation or breathing
- Example: Lunch → Walk
- Example: Finish work → Exercise
- Build one habit, then stack another on top
- Small stacks create powerful routines

### 3) SMART Goals (For Clarity)

Specific, **Measurable**, Achievable, Realistic, Time Bound

I will Exercise More  
I will Breath more

I will exercise for  
45 mins/day, 3  
days a week

I will breathe 10  
mins/day, 5  
days/week

I will exercise for 45  
mins/day, 3 days a week in  
mornings at my yoga studio

I will breathe 10 mins/day, 5  
days/week in morning and  
night in my bed

4) Three words.. (to help with consistency and clarity)

DOES IT FIT

Is it for or against the identity/belief of creating my best health

# 5) Creating Good Habits and Breaking Bad Habits- Formula

## Creating Good Habits..

Make them

- Visible
- Easy
- Attractive
- Satisfying

## Breaking Bad Habits..

Make them

- Invisible
- Difficult to reach
- Unattractive
- Non-Satisfying

# Some more tips...

Don't do it Twice

Plan ahead

Have an accountability partner