



# ***THE INNER GAME***

## **Transformation Guide**



KONSCIOUS

# TABLE OF CONTENTS

## How to Win the Inner Game

Welcome! .....	3
Day 1: What's Your Why? .....	5
Day 2: Embrace New Flavors .....	5
Day 3: Becoming Accountable .....	6
Day 4: Visualizing the New You .....	6
Day 5: Your Inner Voice .....	7
Day 6: Stop Failure .....	7
Day 7: What is Your Weakness? .....	8
Day 8: What Does Health Mean to You? .....	8
Day 9: Forgiveness is Divine .....	9
Day 10: Emotional Eating Habits .....	9
Day 11: Your Biggest Fan .....	10
Day 12: Use Your Brain to Burn Fat .....	10
Day 13: Be Strong .....	11
Day 14: Fat Is Your Friend .....	11
Day 15: Be the Boss .....	12
Day 16: Change Is Coming .....	12
Day 17: Confidence & Happiness .....	13
Day 18: Fat Fasting for Faster Results .....	13
Day 19: Chocolate Ketones .....	14
Day 20: Replenish Yourself .....	14
Day 21: Why Do You Fail? .....	15
Day 22: Salt Is Not The Enemy .....	15
Day 23: Wanna Go Long-Term? .....	16
Day 24: Goal Weight in Sight .....	16
Day 25: Learn From Your Mistakes .....	17
Day 26: Celebrating Success .....	17
Day 27: Getting Back Up Again .....	18
Day 28: The New You! .....	18
Day 29: The Final Push .....	19
Day 30 - You Did It! .....	19

# Welcome!

Congratulations on getting started!

Do you know that eating the right foods is only part of the game when it comes to permanent weight loss and improving your health?

This guide is designed to help tap into your inner motivation and subconscious mind and assist you in manifesting your ideal body.

We'll work on avoiding yo-yoing with your results, making permanent lifestyle changes and removing any emotional blocks holding back your success.

A lot of your success comes from the 'inner game.'

The inner game takes place within the mind and is played against such obstacles as fear, self-doubt, lapses in focus and limiting concepts or assumptions. It's closely related to your confidence and self-esteem.

Another important obstacle to conquer is stress, that makes us put on weight. Perhaps you're constantly shuffling the kids from one thing to the next while juggling work, managing the household and 100 other things. It's hard.

Stress that goes on for a long period of time is a triple whammy for weight—it increases our appetite, makes us hold onto the fat, and interferes with our willpower to implement a healthy lifestyle. So any activities you can do to remove stress will help with your results.

The best approach is to work on what you eat, what you think and what you feel at the same time.



# Each day of the Slim 30 Keto Challenge will provide you with:



1. Three daily questions to help stay motivated, become more consistent, tap into the powerful inner strength within you and give you additional accountability.
2. A visualization exercise to change how you see yourself. This will rewire all those small little behaviors and decisions that either help or hinder our progress.
3. One incredible keto diet “secret.”

If you miss a day don't stress; just skip that day and move on, or catch up when you can. Feel free to write down your answers or record them in your smartphone notes.

Find an accountability buddy to help you stay on track and learn together, or you can chat with any of our friendly keto coaches in our Facebook Group.

So go ahead and join our [Facebook Group](#) right now, and take the first affirmative action to a new you today!

# Day 1: What's Your Why?

## 3 DAILY QUESTIONS

1. What is your big “why” for losing weight?
2. Who are you at your most confident, assured and unstoppable?
3. How will you know if you've given yourself permission to be imperfect?

## VISUALIZATION EXERCISE

Close your eyes and see yourself at the end of these 30-days. Meditate for a few minutes. How did it feel? What did you learn? What is your end goal?

By understanding who you want to become, you can take actionable steps to become that person. Don't just envision a body size or shape, really go into detail.

What do you wear, how do you act, what do people say to you? The more you can give yourself to visualize, the better your results will become.

## KETO DIET SECRET

The keto diet works largely because you get to eat delicious foods. So ditch boiled chicken and broccoli, or boring salads, and embrace delicious low-carb, high-fat keto foods. The secret: even when food is delicious or decadent, if it's ultra-low carb you'll lose weight.



### RECOMMENDED AUDIO LESSON

[Affectionate Breathing](#)

# Day 2: Embrace New Flavors

## 3 DAILY QUESTIONS

1. Most often, what are your biggest sources of motivation? *(Can you tap into those now?)*
2. For what reasons do you normally turn to sugar? *(Is it boredom, habit, family? Find your trigger.)*
3. Do you really crave affection or social interaction in order to reassure your confidence?

## VISUALIZATION EXERCISE

Close your eyes and imagine yourself going out to a party. You're wearing your favorite dress, and everyone is telling you how amazing and gorgeous you look. Finally, you feel beautiful and confident, and ready to take on anything.

You allow yourself to make a food choice without emotional baggage. You free yourself from perfection acknowledging that you feel healthy and strong, even when you indulge. Imagine yourself understanding your emotional connection to food and feel OK with being human and each day striving for better. You do not have to be a robot with self-discipline.

## KETO DIET SECRET

Sugar is as addictive as cocaine but legal. Much of the success of the keto diet is giving up sugar. The cool thing about keto is that pretty quick, your taste buds will adapt and you'll stop liking ultra-sweet food, which makes everything easier.

The withdrawal of sugar can feel scary, but honestly, most people report they feel amazing and no longer even crave sweet foods very quickly. Ride out that tough adjustment phase, and use the visualization techniques above to support you in this brief period.

# Day 3: Becoming Accountable

## 3 DAILY QUESTIONS

1. What excuses do you often tell yourself about losing weight?
2. How can you bust those excuses?
3. What positive things can you tell yourself if you need a push?

## VISUALIZATION EXERCISE

See yourself with incredible levels of willpower. Meditate on that for a few minutes. What do you see and feel?

## KETO DIET SECRET

By using body fat for fuel, you no longer feel hungry (even in a calorie deficit). That's where most diets fail, and keto wins. When you go into a caloric deficit with other diets, you get super hungry. Combating hunger is the real winner when it comes to the keto diet.

# Day 4: Visualizing the New You

## 3 DAILY QUESTIONS

1. What can you say to yourself to help you feel good about your journey?
2. If you were giving advice to yourself, what would you say?
3. How can you celebrate your successes and wins more?

## VISUALIZATION EXERCISE

Imagine being in a situation completely free from stress. Explore every detail in your relaxing scenario. It could be a sunset, playing with puppies, sleeping in a hammock. Take some deep breaths and feel every small detail to get yourself into a deep, relaxed state.

## KETO DIET SECRET

Eliminating carbs makes keto easier to stick to than other diets. You can still enjoy all the other foods on offer, especially fats, which add flavor to food and energize your day. Eat more fats if you feel deprived, or enjoy some [Keto Activate](#) with its rich, chocolatey taste.



## RECOMMENDED AUDIO LESSON

[Guided Meditation "Compassionate Body Scan"](#)

# Day 5: Your Inner Voice

## 3 DAILY QUESTIONS

1. If you were the bravest version of yourself today, what would you be doing?
2. What one thing could you do today that would take you nearer to your goal?
3. What could you be doing to move forward with your goals?

## VISUALIZATION EXERCISE

First, think about a time a close friend was feeling really bad about themselves or were really struggling with a problem or challenge. How would you respond? Write down what you would do, what you would say, and note the tone in which you typically talk to your friends.

Now think about times when you feel bad about yourself or are struggling. How do you typically respond to yourself in these situations? Write down what you do, what you say, and note the tone in which you talk to yourself.

Next time you feel negativity creep in, imagine yourself as your friend and give yourself the love and attention you would give them.

## KETO DIET SECRET

Old eating habits creep in slowly, fact. If you feel pressure from friends or family, remind yourself that it doesn't matter what they think, they are probably jealous. A great way to stay accountable is to find new people who support you. We'd love to see you in our [Facebook Group](#).

If you want to cheat, simply use a supplement like [Keto Activate](#) to get back into ketosis fast after cheat meals to avoid keto flu, or to enable you to eat more carbs per day. Accept that being human is still excellent, and you'll discover one of the best strategies for long-term success.

# Day 6: Stop Failure

## 3 DAILY QUESTIONS

1. If you knew you couldn't fail, what would you do right now?
2. What outcome do you want from the Slim Fit 30 Challenge?
3. What are you willing to commit to here?

## VISUALIZATION EXERCISE

Imagine yourself with incredible willpower for a few minutes. How does that feel? What are some details you noticed? How can you use this energy to commit to your goals?

## KETO DIET SECRET

High-fat veggie soups are an amazing weight loss trick and a way to get enough vitamins and minerals on keto. You can often get 1-2 cups of veg in a bowl of soup. This will speed up weight loss and also prevent vitamin deficiencies.

Add broth for even more supercharged health benefits, or take ½ - 1 scoop of [Keto Activate](#) in your coffee to energize your body and get into ketosis instantly.

# Day 7: What is Your Weakness?

## 3 DAILY QUESTIONS

1. What thoughts and behaviors do you need to let go of the most?
2. How can you start to become more accountable?
3. What new thoughts and behaviors can you “own” to help you reach your goals?

## VISUALIZATION EXERCISE

Explore yourself letting go of any guilt or emotional triggers that cause poor eating habits.

What are some of these triggers for you? How will you know you’ve let them go? How does it feel to let go?

## KETO DIET SECRET

Even keto processed foods can stall your weight loss. Keto shakes (without artificial ingredients or high amounts of sweeteners) are great for weight loss.

Be wary of boxed keto foods, keto cookies, keto bars, and other packaged keto foods, and use them sparingly. Only choose snacks with minimal ingredients and only use them in a crunch. It’s a big misconception that keto-friendly means it will result in weight loss.

Many of those pre-packed keto snacks have sweeteners in them that can stall weight loss. If you want fast, actionable results, choose fresh ingredients as much as possible. Become a Sunday “lunch prepper” if you have too, whatever it takes, you can do it.



## RECOMMENDED AUDIO LESSON

[Loving Kindness Meditation](#)

# Day 8: What Does Health Mean to You?

## 3 DAILY QUESTIONS

1. What is motivating you to be healthy?
2. Does this motivation differ from what you’ve felt in past?
3. How much are you willing to work for your health goals?

## VISUALIZATION EXERCISE

Explore yourself losing weight but hitting a weight loss plateau. Notice what emotions you feel. Do get discouraged? Want to give up? Frustrated? Angry?

Now imagine yourself seeing it as part of the journey without a strong emotional reaction. You see yourself seeing all the benefits for eating well and see plateaus as inevitable and just a sign to mix it up and try some new things.

Rather than something deeper. See yourself with a much stronger inner strength to not be easily discouraged and being open-minded to keep changing your approach.

## KETO DIET SECRET

Although many people call them ‘keto-approved,’ artificial sweeteners, flavors, colors, and preservatives can stall weight loss. This includes diet soda and other keto-approved snacks.

Yes, they may be technically low-carb, but that doesn’t define keto, and they will not always benefit you. Conscious Keto is about whole foods, quality carbs, and getting real results.



# Day 9: Forgiveness is Divine

## 3 DAILY QUESTIONS

1. Can you forgive yourself for any mistakes you've made in the past?
2. What do you do when things get tough, and you feel discouraged?
3. What can the new you do when things get tough?

## VISUALIZATION EXERCISE

Imagine yourself removing any emotional connection with food. Removing any feelings you connect with food. These could be positive or negative emotions, outside of any feeling of enjoying the experience of eating well.

See food simply as food. We've been conditioned from a young age to see food as a reward, from hero cookies to birthday dinners out. Everything we do revolves around food... but only if you let it. Those same people will still do other fun things if you suggest them.

## KETO DIET SECRET

Be cautious with keto-approved sugar alcohols. Aim to keep them under 5-10 grams a day if you do have them. Many people opt only to eat them, however, when they are in a maintenance weight phase.

Be aware that sugar alcohols can allow you to keep your sweet tooth which can be the elephant in the room for long-term success. Sugar alcohols can increase sugar cravings and make you feel hungry, causing you to eat more.

Being healthy long-term is much easier if you avoid sugar alcohols.

# Day 10: Emotional Eating Habits

## 3 DAILY QUESTIONS

1. What emotions make you hungry for comfort foods?
2. What can you do today to improve?
3. What new things is it time to add to your strategies to lose weight?

## VISUALIZATION EXERCISE

Spend 2-3 minutes visualizing your ideal body. How does it feel? What is it like? What things do you do to get there? What emotions are you experiencing visualizing your ideal body? These are the underlying emotions you should tap into, not the ones that rise to the surface.

Anger, stress, sadness, loneliness, all of these make us want to dive into a bag of chips. If you make great choices in your day to take five minutes out of breath, to nourish your body when it tells you it's hungry, and so on, you will stop making impulsive food choices.

## KETO DIET SECRET

People who make meals at home tend to be healthier, lighter, and keep the weight off. Keep at it, you've got this. We have been in your shoes, it does become easy with practice.



## RECOMMENDED AUDIO LESSON

[Guided Meditation "Noting Your Emotions"](#)

# Day 11: Your Biggest Fan

## 3 DAILY QUESTIONS

1. What is the vision you hold for yourself?
2. Who are you when you give yourself full permission?
3. What inner critic messages are you listening to and letting hold you small?

## VISUALIZATION EXERCISE

Imagine the way you'll feel when you've overcome your challenges and obsessions with weight, food, the perfect body, that layer of fat in our stomach, or whatever it is that is plaguing you and that makes you restrict and go on the dieting merry go round.

Visualize yourself free of body image issues, and bursting with health and a healthy relationship with food. Now realize that you are the person making all of this happen, and how awesome and incredible you are becoming!

## KETO DIET SECRET

Changing your taste buds will change your life. The food you were fed as a child often influences you to this day in liking sweet foods, not liking the texture of certain foods, having strong food preferences like being a very fussy eater.

The good news is that these taste buds of yours can surprisingly change quickly with a little effort. Soon your old favorite weight gain foods won't even taste that good. They'll taste sweet, fake and bland.

# Day 12: Use Your Brain to Burn Fat

## 3 DAILY QUESTIONS

1. What does your inner sage know to be true?
2. What would be different if you chose to listen/believe/ honor your inner sage?
3. If you were to let go of an old belief, what might be possible?

## VISUALIZATION EXERCISE

Imagine yourself completely free and happy. Someone that is friends with food and never feels the need to go on a cycle of severe restriction and overeating. Someone confident, playful, relaxed and simply enjoying life.

See yourself in different types of situations, from sitting down to eat, to playing, having fun, working, enjoying time with friends, exercising, and in all of them focus on a version of you that was just free.

Feel free of expectations of having the perfect body, free of food fears, free of the need to overeat to self-soothe and especially full of that feeling of lightness.

## KETO DIET SECRET

Don't be afraid of fat, it's your friend. Sometimes people can have a fear of eating fat due to body fat but don't get the two mixed up. Often it's too many carbs that cause body fat.

Fats help your body absorb minerals which is why vitamins often come packed with them, they boost your hormones and immune system, make you feel fuller, fats improve your metabolism and lower body fat.

They also control your brain, which is the epicenter of your fat loss. If you have a brain that is on the same page as you and striving to meet your goals, it will stop hindering you and start to help you. Your brain loves ketones most of all, so stay in ketosis and keep it on your team.

# Day 13: Be Strong

## 3 DAILY QUESTIONS

1. Which values can you draw on as you meet this challenge of getting in shape?
2. Where do you hesitate?
3. What strengths can you draw on?

## VISUALIZATION EXERCISE

Explore yourself doing more things to de-stress. What things could you be doing now to relax? What tends to stress you out? How can you take more time for yourself? What's different for you if you take more time for relaxation? What sources of stress can you address?

## KETO DIET SECRET

If you have over 20-30 pounds to lose those will often come off fast. Men often lose weight faster than women on the keto diet due to changes in their metabolism. On the home stretch, usually that last 20-30 pounds you tend to need to lift your game.

Switching to a whole food keto, mixing it up with different keto variations and adding in some exercise will help in this phase.



**RECOMMENDED AUDIO LESSON**  
[Soothe The Emotions In The Body](#)

# Day 14: Fat Is Your Friend

## 3 DAILY QUESTIONS

1. What can you trust about yourself
2. What would it feel like in three months if you stuck to your goal?
3. How might your life be different?

## VISUALIZATION EXERCISE

Imagine yourself eating a ton of sugar filled products. Whatever your cravings might be. Research shows that the best way to overcome sugar cravings isn't to see a kale salad but to visualize eating more of the sugary foods you want.

Ironically it's proven to make you eat less of them.

So really visualize eating a large bunch of them. If it's pieces of chocolate you want then visualize eating 50-100 pieces. How does that feel?

Now, think of another goal you have that has more longevity. Do you want to travel more? See your friends more often? Manifest those ideas into fruition.

## KETO DIET SECRET

Fat bombs (essentially small bite size, high-fat balls of goodness) is 100% allowed on keto and highly recommended (not cheating!) will kill any cravings of any sort.

They are super, super filling. Make them regularly. These will take the place of candy and can be used as a breakfast meal replacement.



**RECOMMENDED AUDIO LESSON**  
[Hypnosis for Work Stress & Anxiety Relief](#)

# Day 15: Be the Boss

## 3 DAILY QUESTIONS

1. What is one small change I can make to this week that will help me feel in control?
2. When do you feel motivated and confident?
3. What changes can you make to develop a stronger relationship with myself?

## VISUALIZATION EXERCISE

Imagine something that relaxes you: a lot of times, sugar cravings stem from triggers like boredom, loneliness, or anxiety. If that's the case, take a moment to close your eyes and visualize something that relaxes you or makes you happy.

If you want to feel these emotions less often, consider taking up a yoga class or walking more often. You can meet up with friends or simply relax into a bubble bath. These small actions all make a big impact on how you look and feel.

## KETO DIET SECRET

At first, don't worry about ratios and calories. Just buy keto foods and eat those. You'll likely lose weight and feel great! Over time improve your approach.

Just avoid getting confused to overwhelmed at the start or you'll procrastinate.

# Day 16: Change Is Coming

## 3 DAILY QUESTIONS

1. What would it feel like if you stuck to one healthy habit for the next six months?
2. What stands between you and being happy?
3. What steps can you take to bridge the gap?

## VISUALIZATION EXERCISE

Imagine yourself using proven techniques whenever you get cravings. These might be a 10-minute pause to think about it, a 15-minute walk around the block, eating something healthy like a no-sugar fat bomb instead, drinking water or go do a challenging mental task.

Now, recall this moment the next time you feel like making a bad food choice. Rather than focusing on eating a healthy food, when you focus on how you want to feel, you have more power to make responsible choices.

## KETO DIET SECRET

The more you get into the science of keto the better your results. Move from a list of foods you can and can't eat to understanding why and how certain things happen. Read studies, listen to podcasts from real experts and buy keto books. Become an expert.

We have a bunch of free resources on our website to help you understand the choices you're making. And, you'll be able to help other people start their own journey.



## RECOMMENDED AUDIO LESSON

[Self-Compassion Break](#)

# Day 17: Confidence & Happiness

## 3 DAILY QUESTIONS

1. What habits do you need to be happier and more confident this year?
2. What is one I can start to work on in the next 48 hours?
3. What would it feel like to do this each day?

## VISUALIZATION EXERCISE

Imagine for a while on why in the past your weight loss efforts perhaps haven't got the results you wanted.

*What is the deeper issue? Are there subconscious blocks that keep you from healthy change, such as fears built up from your childhood that are manifesting in self-sabotage? Do you have a crazy schedule that enables bad food choices?*

Meditate on those and being to visualize breaking free from those. By looking at the problem it is much more likely you can see the real problem versus responding at the time. This is how you start to reprogram your brain to depend on good choices.

## KETO DIET SECRET

Buy small plastic containers or Bento boxes and take MCT/Avocado/Macadamia/Olive oil with you to easily make meals keto. You can always find meat and cheese on the menu, and adding in some MCT to a coffee or some olive oil to a salad will help you eat more fats and get less snacky.

# Day 18: Fat Fasting for Faster Results

## 3 DAILY QUESTIONS

1. What perceived flaws do you need to overcome?
2. How does your diet fit into this?
3. What would you like to see change?

## VISUALIZATION EXERCISE

Imagine yourself as a success from the start —replacing thoughts of a “heavy” you making poor choices with a fitter, healthier, and happier version of yourself. Changing your mental image of yourself, you'll be more likely to stick with your plan.

Practicing this visualization regularly will help you imagine how good it'll feel when you reach your goals, making any hard work along the way seem worth it. Really feel you see yourself as a success.

As the saying goes, you have to fake it to make it. By envisioning these changes you can start to make the choices an attractive, confident, person would make.

## KETO DIET SECRET

The more you get into the science of keto the better your results. Move from a list of foods you can and can't eat to understanding why and how certain things happen. Read studies, listen to podcasts from real experts and buy keto books. Become an expert.

We have a bunch of free resources on our website to help you understand the choices you're making. And, you'll be able to help other people start their own journey.



## RECOMMENDED AUDIO LESSON

[Hypnosis for Weight Loss and Low Carbohydrate Diets](#)

# Day 19: Chocolate Ketones

## 3 DAILY QUESTIONS

1. Are you creating the results you want to see with your body?
2. Are you feeling fulfilled emotionally, physically and spiritually in your life?
3. Are you playing full out in the world? Do you feel you have a purpose?

## VISUALIZATION EXERCISE

As you see yourself months and years down the road, in your perfect, ideal shape and body, imagine that this future version of you becomes a magnet that's pulling you toward the direction of total success. Meditate on this for a few minutes and feel as much emotion as possible.

On day 1, you readily envisioned your end goal and made 18 days of progress. Do the same today and recapture the excitement to make it to your 30-day goal.

## KETO DIET SECRET

Taking chocolate ketones (BHB) is a lot like cheating, they enable you to eat more carbs, get more energy for workouts, and make better food choices. They can help cut down sugar cravings and give you more of the feel-good symptoms of ketosis. They are truly incredible.

If you haven't tried them we highly recommend [Keto Activate](#). This is our all-natural, no filler, triple-mineral keto blend to enhance your keto experience and get more weight loss results.

# Day 20: Replenish Yourself

## 3 DAILY QUESTIONS

1. What are the reasons behind your desire to lose weight?
2. What will be the consequences to your life and health if you don't lose weight?
3. What do you believe is a healthy rate of weight loss and is this realistic?

## VISUALIZATION EXERCISE

Imagine yourself being consistent with your new way of eating. Sticking with regular exercise, eating well, avoiding cravings. What's it feel like? What's different about you? What are you feeling on the inside to get real consistency?

## KETO DIET SECRET

You need to drink a ton of water on keto. Imagine how most people don't drink their 8 glasses of water a day.

Now double it on keto, and you can see how a small problem becomes a big hurdle. As you eat fewer carbs, which retain water, your body flushes the water out of your system.

However, drinking water isn't enough, you need specific electrolytes (salts) in water to fuel your vital organs and retain a balance. You also salt your food with a sea salt. Get into the habit of doing this daily and you may experience what the "whoosh effect" is all about!

# Day 21: Why Do You Fail?

## 3 DAILY QUESTIONS

1. What events or people are most likely to make you fall off your healthy lifestyle plan?
2. Do you plan out your meals for the week?
3. How reliant are you on processed, packaged and take-away foods?

## VISUALIZATION EXERCISE

Imagine yourself being patient with the journey and results. Not being easily discouraged or frustrated.

Willing to try new things, not getting caught up on numbers on the scale, sticking with your better choices long-term. Enjoying the journey, being patient, looking for victories not on the scale whether these are measurements, health improvements or otherwise.

## KETO DIET SECRET

Intermittent fasting, of the 16:8 variety, plus ketosis is incredible for weight loss results.



## RECOMMENDED AUDIO LESSON

[Envisioning Your Ideal Body](#)

# Day 22: Salt Is Not The Enemy

## 3 DAILY QUESTIONS

1. What are three things you need to begin doing to lose weight?
2. Is this a good time in your life right now to make changes to your lifestyle?
3. Are other people supportive of your efforts to lose weight?

## VISUALIZATION EXERCISE

See yourself making choices as the new healthy you at your ideal weight already. Imagine yourself calmly eating delicious healthy food and watch as your body moves with ease, and you effortlessly feel great.

Notice the feelings and sensations associated with the images because connecting with your feelings as you visualize, strengthens the effects and benefits. Imagine yourself easily making the right choices.

## KETO DIET SECRET

You need a lot of salt on keto. Get quality rock salt like Himalayan and dose it on everything. Start making broth. Aim to eat higher sodium foods like pickled foods.

# Day 23: Wanna Go Long-Term?

## 3 DAILY QUESTIONS

1. Do you view a diet as temporary?
2. Do you reward yourself for 'good' behavior?
3. Do you track everything you eat?

## VISUALIZATION EXERCISE

Imagine yourself slim and beautiful, with your ideal weight. Forget how you look now. You are creating a new reality.

Visualize your family and friends complimenting you about how gorgeous your body looks and how slim you are now. Look at the whole mental scene as real, and as happening right now at the present moment, not in the future.

## KETO DIET SECRET

Your body needs protein and fat to survive. It can live without carbs. As much as your home ec teacher told you otherwise, carbs are not the founding member of the dinner plate. You can get by just fine without them.

Over time, you can eat more carbs. This may kick you out of ketosis, but staying low-carb gives you the freedom of maintaining your weight, and eating more fruits and veggies.

Once you hit your goal weight you can increase your fats, to hit your higher caloric needs. Talk about the best of both worlds!

# Day 24: Goal Weight in Sight

## 3 DAILY QUESTIONS

1. Can I sustain this particular diet?
2. If not, how can I adjust my approach so it is sustainable?
3. How will I brush off setbacks?

## VISUALIZATION EXERCISE

Balance can do a body good, beginning with the breath.

To start, inhale for a count of four, then exhale for a count of four (all through the nose, which adds a natural resistance to the breath). Got the basic pranayama down?

More advanced practitioners can aim for six to eight counts per breath with the same goal in mind: calm the nervous system, increase focus, and reduce stress.

## KETO DIET SECRET

Cut your protein portions in half. You'll lose weight faster and you'll feel a lot more energetic if you focus on veggies and fats instead of protein.

Unless you work out a bunch, you are overdoing it. A whole food plant-based version of keto is excellent for accelerated fat loss results.

The protein you do eat should be natural. Lean on fatty fishes over red meat. While keto, these can be harder to digest and are higher calories; many women do well with seafood, fish, shrimp, and green veggies and healthy fats like olive oil and avocado oil.



**RECOMMENDED AUDIO LESSON**  
[Hypnosis for Weight Loss and Mindful Eating](#)



# Day 25: Learn From Your Mistakes

## 3 DAILY QUESTIONS

1. Can I learn from my small mistakes?
2. What will be different in your life when you reach your goal weight?
3. How do you want to feel when you get there?

## VISUALIZATION EXERCISE

Imagine your body as you want it to look, not as it looks now. Do not concern yourself too much with what to eat or not to eat, but with how you want your body to be. What did you notice?

## KETO DIET SECRET

Most people get permanent results with weight loss, health, and fitness when they focus on education as a priority. So listen to health podcasts, read books, buy programs, watch credible, reliable sources. It will help rewire your beliefs, thoughts, behaviors and lifelong success.

High fiber veg is your friend. Keto-friendly high fiber veg includes avocado, broccoli, flax seeds, raw coconut, cauliflower, eggplant, asparagus (especially raw and pickled), mushrooms, bell peppers, and zucchini.

# Day 26: Celebrating Success

## 3 DAILY QUESTIONS

1. What achievements can you celebrate?
2. Are you prepared to eat differently than your friends at social functions?
3. Are you prepared to change your home environment?

## VISUALIZATION EXERCISE

Imagine that you have the body and health you desire. What did it take for you to achieve it? Do you feel inspired and happy with your results? Meditate and write down your notes.

## KETO DIET SECRET

Not all carbs are created equal. If you measure your ketone levels religiously you'll notice through experimentation that the carbs in green veg don't throw you out of ketosis as cheat carbs do.

So your 20 grams of net carbs a day isn't a black and white rule. After the 30 day mark, you can start to add 10 net carbs here and there, testing for the signs of ketosis (more energy, reduced brain fog, weight loss, and so on).

Over time, you will learn what number of carbs you can eat and stay in ketosis. It's all about listening to your body and making sound choices. If you eat whole foods or do "clean keto," you will discover you can eat much more carbs than you imagine.

# Day 27: Getting Back Up Again

## 3 DAILY QUESTIONS

1. When you stumble, what will help you get back on track?
2. Is your kitchen set-up properly?
3. How will the lifestyle of family and friends affect your weight loss efforts?

## VISUALIZATION EXERCISE

Spend time visualizing your ideal body and going about your day in a balanced and emotionally poised manner.

Visualize making conscious choices, being in control, have confidence and self-belief and living in line with your intentions. Making constant steps towards your goal.

## KETO DIET SECRET

Embracing technology is your friend. Often it's a good idea to study research and learn what works. A lot of keto advocates mean well but say "just eat the right foods," and it seems easy for them to stick with it. Others find it more difficult.

Studies show for example that diets who use meal replacement shake tend to keep the weight loss long-term. Maybe that's due to avoid getting hungry during the day when busy and making bad choices, or the right meal replacement shake filling you up despite being low calories.

So use technology and natural health supplements to your advantage, no matter what others might say.



### RECOMMENDED AUDIO LESSON

[Turbo Hypnosis for Rapid Weight Loss](#)

# Day 28: The New You!

## 3 DAILY QUESTIONS

1. Who do you need to become in order to accomplish your goal?
2. If you were the bravest version of yourself today, what would you be doing?
3. What could you do more of? And less of?

## VISUALIZATION EXERCISE

What you need to do is visualize each challenge and rehearse yourself succeeding at it, just like an elite athlete before a game, including the outcome.

Say you're following a certain meal plan and you're going to a family party. You know it's going to be challenging because you love your mom's cooking, but it doesn't fit into your current plan.

Close your eyes and literally walk through the event. See yourself going through the challenge as your best self, feeling empowered and positive.

## KETO DIET SECRET

Weight loss plateaus are inevitable on any diet, even the keto diet done perfectly. Your body doesn't change in a straight line. Your hormones are constantly fluctuating, your metabolism constantly changing, your stresses and activity levels going up and down.

You need an open mind and problem-solving ability to try new things and mix it up and to feel good about your body and appreciate it's complexity.

# Day 29: The Final Push

## 3 DAILY QUESTIONS

1. What is your biggest accomplishment of this challenge?
2. What were you not ready to change at the start of this journey?
3. How important is this to you now?

## VISUALIZATION EXERCISE

Imagine where you were 30 days ago when you first got this guide and you didn't know what was going to happen next. Now, look at who you have become and all the incredible choices you have made along the way. Doesn't that feel amazing?

Not only have you lose weight, improve your health, gained more mental clarity and focus, but you now exude a confidence that makes a room take notice. People will be seeing results now and yes, they might be jealous and not say anything but take note, they can tell.

## KETO DIET SECRET

What you have done in the last month is reset how your body responds to emotional triggers and food cues. You have taken steps to adjust your environment, weather the storm of getting into ketosis, and have come through the tunnel. The best thing you can do right now is to keep going!

If you want to enjoy your first cheat day, don't run to the nearest takeout, simply eat over your calories and add more fats to your favorite meals. Rewire your treat response, and we promise all those results you've gained will be yours to keep.

Tomorrow, we have a special way to celebrate with you!

# Day 30 - You Did It!

## 3 DAILY QUESTIONS

1. How will you celebrate your success?
2. How have you changed for the better?
3. What's your personal key to long-term success?

## VISUALIZATION EXERCISE

Focus on what you've accomplished, rather than a long overwhelming list of what you've still got to do. Celebrate every success, no matter how small the win, to cultivate your success mindset.

By telling yourself 'I am successful' or 'I can succeed because I've succeeded before' you build up your self-belief and success attitude. Visualize your wins, improvements, successes, results and all the challenges you've overcome. You did it!!

## KETO DIET SECRET

Long-term keto success will be when eating this way becomes part of your identity and who you are. It's become natural, unconscious and a permanent part of your lifestyle.

For people who want to take it to the next level (or who want to simply eat more carbs and stay at their current weight), we strongly recommend adding in [Keto Activate](#) each day. This is the perfect way to keep results moving forward without doing a crazy big challenge.

Simply add one scoop of [Keto Activate](#) to your keto coffee or smoothie (or 8-10 oz of water if you are fasting) and get on with your day; the whole world is at your fingertips now, and we want you to go out there and grab onto it, you deserve it!

**From the Konscious Team**