

Pudsey Members Newsletter

June 08

Welcome to a slightly late June issue of the newsletter – although we haven't hit July yet so I'm still telling myself it's fine! My excuse is that lots happened in May – the Race for Life and the Member's Evening – and I'm still recovering...!

The subject for this month is about beliefs. My belief is that by choosing to join LadyZone, you are all very intelligent people so I hope you find it interesting.



Best wishes

Karen

What do you BELIEVE?



I've mentioned in a previous newsletter that there are two main reasons why people struggle to lose weight. Firstly they may not want it enough to be willing to do whatever it takes. Secondly, they may not believe that they actually can.

But why does it make a difference whether you believe it or not? As human beings we have an innate desire to always be right (just ask my husband!). If you don't believe you can lose weight, subconsciously you will sabotage any efforts you make out of fear of failure. Your desire to be right outweighs your desire to be slim.

In order to understand your beliefs, you need to start by understanding the way you see yourself. The greatest advantage you can have in life is to view yourself as special and to appreciate what those qualities are that distinguish you from every other person. When you believe in yourself 100%, when you have the highest possible regard for yourself and expect to be able to create a positive, successful life for yourself then anything becomes possible.

Sadly, very few people see themselves this way. Most people are far more willing to list their bad qualities and weaknesses than their good ones and their strengths. And this is the way people limit their potential and create frustration and failure. So how strong is your self-image? Are you convinced that you are who you are, determined by genes, birth and circumstance and impossible to change? My belief and experience is that we simply find the level in life that we are conditioned to find and we are led to expect. The current self-image you have is the result of the repeated messages and instructions you received as a child from the authority figures in your world. The way you see yourself today is the result of conditioning by your parents, teachers and other influential adults and peers in your life. Each one of us is powerfully programmed to be a certain way, to have certain

you see yourself today is the result of conditioning by your parents, teachers and other influential adults and peers in your life. Each one of us is powerfully programmed to be a certain way, to have certain beliefs and to take certain actions. And the only way to change childhood conditioning like this is to make the decision to be in charge of your own programming and to re-programme those thoughts and beliefs that hold you back.

To root out any negative beliefs you have regarding your body, complete the following sentences.

“My top five most negative thoughts about my ability to lose weight or my looks are”

“Something I learned from my mother / father about my ability to lose weight or my looks is...”

“The main message I project to others about my ability to lose weight or my looks is...”

Were there any surprises there? Hold those thoughts. I'll talk about how to change negative beliefs in the next issue.

RACE FOR LIFE

Thanks to everyone who participated in and sponsored the LadyZone team. Everyone made it around the VERY HILLY course in respectable times. Hopefully I can speak for everyone and say that we all had a great time – although for some people the picnic afterwards seemed to be the highlight!

We managed to raise around £1000 for Cancer Research. Well done everyone – especially Rebecca Thresh who raised nearly £500 on her own!



LADYZONE MEMBERS' EVENING

We ate, we drank and we salsa'd. The manicures were beautiful, the ladies who were brave enough to take off their make-up looked glowing following their facials and everyone's lives were balanced by colouring in a circle!

The evening was a success thanks to the hard work of a lot of people: Nikki, Corinne, Leigh Bainbridge, Margaret Beaumont, Nuzhut Mahmood, Pat Womersley and Janet Heaton. Much appreciated ladies.

We are hoping to have another evening in the Autumn so book your place early to avoid disappointment.



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Swing those hips ladies...



Pam's glad her manicure gets her out of the dancing...

MAY AWARDS



LadyZone is pleased to announce the May Award winners.

Best Review Results— The prize goes to **LIANNE SUTCLIFFE** who has lost an incredible 3.5% body fat in 6 weeks. Also congratulations to **Marianne Ginn, Louise Shepherd and Lucille Herron** who have all done fantastically. **Well done Ladies!**

Most Colourful Hair – Only one real contender for this one – **KATH WAKEFIELD**. It seems to change every time we see you. Can we put a request in for the LadyZone blue and pink?

Most Bizarre Hobby – I think we have a hands down winner in **JOANNA DURHAM**. She spends her free time as a Paranormal Researcher! And she's looking for recruits to accompany her on paranormal investigations. If you're interested in the spooky and fancy yourself as a bit of an Yvette Fielding, get in touch with Linda on 0795 2667853.

Most Spectacular Dismount From the Gym Ball – Unfortunately there are a couple of candidates for this category this month so I have decided to award them both. **SYLVIA HACKETT** and **ALISON JOHNSON**. Sorry about your poor behinds but thanks for being good sports about it!

Enough from me for another month. Take care everyone.

Best wishes
Karen



Please send any comments
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