



# Linda Fiveson



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## Recipe of the Month

### Roasted Cauliflower with Tomatoes

#### Ingredients

1 head of cauliflower florets  
Salt and freshly ground pepper to taste  
3 T extra virgin olive oil  
1 small red onion, thinly sliced  
2 garlic cloves, minced  
1 t fresh basil leaves  
1 large can chopped tomatoes (in juice)  
½ teaspoon cinnamon  
2½ ounces soft goat cheese (about 1/2 cup plus 2 tablespoons)  
3 t chopped chives

#### Directions

Preheat oven to 450 degrees. Line a baking sheet with parchment or foil. Put cauliflower in bowl and toss with 2 T of the olive oil, salt, and pepper. Place on baking sheet in one layer. Roast approximately 15 minutes or until brown. Remove from oven and put in large bowl. Heat remaining olive oil (1T) over medium heat in a medium-size skillet or a wide saucepan and add onion. Cook until onion is tender. Add garlic and basil and continue to cook, stirring until garlic is brown. Drain juice from tomatoes and add salt and pepper to taste. Bring to a simmer and cook, stirring often, over medium-low heat for 10 to 15 minutes. Add to bowl with the cauliflower and stir everything together. Transfer to baking pan and bake for 10 minutes. Remove and sprinkle with chives. May be eaten hot or cold, as desired.

More recipes on website.

## Why does our MOJO just get up and GO... GO...?

Why does our MOJO just get up and GO... GO...? By MOJO, I'm referring to our motivation. Here today, gone tomorrow... Why is that? Will it ever come back? Are we destined to think we will always fail? Good questions, especially since losing weight might be the only "constant" thought we have. And it's always the same thinking... But why?

Why does that powerful MOJO feeling just fade away? Losing weight is a day-to-day life changing commitment. While having goals keeps us focused, perhaps it would be better to adjust them into smaller incremental goals so each step of the way to feels like "mini-successes." Giving ourselves mini-rewards; new clothes, new exercise and fitness programs, new attitudes is the answer (at least for many of us.)

It's unproductive to think about a new challenge as a hurdle. High expectations lead to big disappointments. Too much, too fast doesn't last. Consistency is the most important part of having long-term success. Slowly you will build up to a faster, consistent pace.

Focusing on behavior changes and accomplishing "short-term" goals is a great way to boost and KEEP your motivation strong. Then in time, you slowly keep adding slightly bigger goals. I've always said: "Obstacles are not something that get in the way, obstacles are when you look away from your goal." So don't focus on what you can't do... It's learning that you CAN do anything you set your mind on.

Visual rewards are the start. The clothes get looser and compliments on how great you look begin. Staying positive during this process is important to your MOJO. And again, using the mini-goal theory, the

smaller you are getting represents the further you are getting FROM your former larger self. Feeling slimmer is far better than "feeling fat."

In sports there is an expression, "I've got the bug!" The thoughts of doing more, working hard on how to improve and get better and better become an obsession. A lesser performance isn't a reason to give up... it makes you work harder on areas that need improvement. So, find your bug! If practice makes perfect, we always have the chance to practice; after all, we eat every day... We should be pros by now and creating a plan will help you do it right!

When your "MOJO" is pumped up with motivation it's incredible how empowered you are and nothing can bring you down. But when your MOJO goes, it's like being stuck in quicksand; you feel like your life is put on hold. For us, having the drive and energy is synonymous with effectiveness and success. It's the magic that propels us forward, up and out of the quicksand. When your MOJO is on you are "in the zone," on top of everything. BUT, as high as you are then, that's how fast you can lose it and seem to have trouble getting it back. How to get it back? What are the situations that repeatedly diffuse that energy? Too tired? Too busy? Rushing with no time to plan?

Being prepared, knowing what to have available for eating and snacking is key. It's important to establish your patterns. Do you have certain times in the day you seem to just "want to eat"...for no reason? And it's not because you are hungry.

Instead of battling your mind with old routines, create a new plan for eating, and don't succumb to the old

ones. Yes, this takes time, but you only have to concentrate on the current day. Start thinking about how good these changes will be. The less thinking you do, (because your mind removed the "Should I or shouldn't I") will simplify the entire day. Now, the more you improve, the stronger your MOJO will become. That newly inspired energy is like a gust of wind; it eventually will just take you and change becomes effortless. We always start our day with some promises of what we are going to "TRY" to do. Now, your day is going to start with a total commitment of what you are "GOING" to do. Create new habits and strategies and think of new ideas for planning and preparing your meals.

MOJO is absolutely not compatible with pity, sorrow or self-delusion. Anyone who knows me personally is well aware that I have experienced quite a lot of painful moments and seemingly insurmountable challenges over my life time so I certainly have empathy. However, as hard as it seems, the fact is that the only thing you have control of and cannot lose control of is yourself.

Your MOJO is there to keep you focused. If your mind is in a funk, take a mental "time-out" to think and visualize the best aspects of your life. Instinctively your thoughts turn to the negative "what ifs..." What if I can't... What if I don't? What if I fail? What if I'll never be happy? Etc... Etc...

Reacting to things that have not happened yet will be enough to lose or forget how good it felt when your motivation was at its highest level. Reflect on the accomplishments you've made and how your positive energy touched so many other lives. MOJO is a feeling that swings us up so high it feels like

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# Puzzle

Find the words below. They go in all directions and letters may overlap. Find solution on website.

V G D H D U L U O X G H S M B  
 H S E N I T U O R Q H T M O A  
 U O V W L D E A T J N X B T L  
 P D M J J O E R C E F U V I A  
 F O P E R F O R M A N C E V N  
 E S W E O F O I E C E K G A C  
 E S A E F S L C H W T Y B T E  
 L E R E R P T A O N O X A I V  
 I C S C M F L A A N O P O O I  
 N C W O T L U T S Q T Q M N T  
 G U C Y E V S L T I M R D E C  
 S S H N T N E T S I S N O C E  
 J S G L O T H O U G H T S L F

CHALLENGES	GOALS
COMPLIMENTS	HOMEOSTASIS
CONSISTENT	MOTIVATION
CONSTANT	PERFORMANCE
CONTROL	POWERFUL
EFFECTIVE	REWARDS
EFFORT	ROUTINES
EMPOWERED	SUCCESS
ENERGY	THOUGHTS
FEELINGS	

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we're plummeting when we lose it. All those wonderful thoughts you had about yourself disappear! Poof! Of course there's a stress factor too, so let's address it. Do you feel that you have to do everything, thus creating a lot of pressure with not enough time? Perhaps it's time to let someone else in to help. This may be the hardest habit to fight but try; you can always get overwhelmed the next time...

A lot of distractions that are not even important interfere and lead to difficult, unnecessary and often wrong decisions. They become real MOJO killers. Get out, sit in a park, go somewhere peaceful. Sunlight is vital to your body. It helps with digestion, food absorption, insulin balance and physical and mental energy. That's homeostasis! Balance! "DECIDE TO DO IT!" No more debates about whether it's worth the time or effort. Don't take past experiences and think, "Why bother if I've failed in the past"? Don't back down. Just get going – its always in your control. If 80% of your mind and body shows up, your MOJO will take care of getting the rest of you on the right path. So, go find your MOJO and get up and GO... GO...!

## Linda Says

**“FEELING SLIMMER  
IS BETTER THAN  
FEELING FAT.”**

WHEN MY MOJO FLIES THE COOP,  
 I CHASE IT DOWN AND  
 TACKLE IT IN A FEW  
 DIFFERENT WAYS  
 AND DRAG IT  
 BACK, EVEN IF  
 IT'S KICKING AND SCREAMING.



*Do you have a question or suggestion? A personal strategy you'd like to share? Send it to us and we'll consider it for a future edition!*

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### Fiveson's Food

Over 100 menu choices! New items added often!  
 Formulated from Linda's "own" personal recipes since 1989.

*NO sugar, NO flour, NO gluten, NO refined carbohydrates*

**You don't have to be a client to eat healthy and enjoy it!**

***Fiveson's Fabulous "Fake" Foods are manufactured and distributed exclusively by Linda Fiveson - Syosset, N.Y.***