



MASTERING THE

"ANTI-DIETER" MINDSET

**5 Principles For Losing Fat
Without Losing Your Mind**

ACTION GUIDE

LEANER FOR LIFE

Welcome to the Anti-Dieter Mindset Course!

I'm glad you're here, because you're about to learn how to lose weight (once and for all) without falling into the dieter mindset that leads so many people to struggle with fitness.

In fact, the first thing I want you to do is to **forget about everything you've believed about dieting up until this point.**

Chances are, you and dieting haven't been the best of friends in the past.

Maybe you've had success but struggled to stay consistent with your plan... Or maybe you've never actually been able to stay consistent long enough to see any noticeable results?

Either way, the past is in the past.

And with the Anti-Dieter Mindset you're about to develop, you're going to learn exactly what it takes to lose weight in a sustainable and empowering way.

In fact, you'll find yourself enjoying this process for the first time.

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Before I get too carried away with the principles that make up the Anti-Dieter Mindset, I want you to know where I'm coming from.

Hi, my name's Carter. I'm the co-founder and head coach of Leaner For Life.

I and the other LFL coaches have coached hundreds of people around the world, helping them transform their relationships with food and get the fit, healthy, and confident body they've always wanted.



We've helped thousands more with our programs & free resources.

But my journey with fitness didn't start with coaching.

It started over a decade ago when I weighed over 300 pounds.

(305 pounds, to be exact.)

At the time, I felt completely out of touch with who I was or how I had gotten there.

To make matters worse, I kept falling back into the dieter mindset that causes so many people to struggle.

The mindset being, *"once I lose weight, THEN I can be happy."*

As you'll soon learn, this mindset of thinking that weight loss alone was the answer to my problems is precisely what kept me from success time and time again.

It wasn't until I fully embraced the principles of the Anti-Dieter Mindset — the same principles you're about to learn — that I was able to become the person who could lose weight and maintain it with confidence.

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The principles of the Anti-Dieter Mindset aren't just theoretical — they're pragmatic too.

By the end of this course, you'll not only have the mindset for getting the body you want, but the actionable tools for getting there.

Ready to get into it? Good, then let's go!



Principle #1: Set Your 1-Year Journey

Regardless of your starting point...

Whether you have 5, 10, 50, or 100 pounds to lose...

I want you to mentally prepare for it to take one full year to achieve your goal.

Now, will it take you a full year to lose 5, 10, 50, or 100 pounds?

Maybe, maybe not.

It doesn't really matter because *losing the weight isn't the goal*.

The *real* goal is to **become the version of yourself that weighs 5, 10, 50, or 100 pounds lighter and doesn't struggle to maintain it.**

And becoming that person *takes time*.

It's hard to say how long, but I can tell you with confidence that it'll take at least a year to get there.

If that sounds too long for you, then you still have the wrong type of goal.

And to be honest, it's probably why you've struggled so much up to this point.

But think about it this way...

Imagine yourself a year from now...



Leaner, fitter, and more confident.

Do you think you'll care if it initially took you 3, 6, 9 or a full year to get there?

Hell no!

You'll be glad you took your time early on and developed habits and strategies for staying lean for life.

(Plus, I'm sure you've spent way longer than a year of your life struggling with fitness in the past, right?)

Following the first principle of the Anti-Dieter Mindset by setting your goal a year from now may seem far out, but I promise you it'll get you to your goal faster than the typical "dieter mindset" ever could.

Regardless of how much weight you have to lose, you're going to need to learn how to maintain it.

So why not start the process of learning how to do that from the start?

Action Step

In your calendar, I want you to go one year from today's date and write the words "*Anti-Dieter Mindset.*" Once that's done, I want you to erase any time-based goal or expectation you've had for losing weight.

Moving forward, you're going to trust this process. Trust that by **taking action on what you can control, you will get the weight loss results you want** and develop the tools for keeping it off for good.



Principle #2: Create Awareness With Tracking

Now that we've set your 1-year goal for achieving the Anti-Dieter Mindset, we can talk about some of the actionable steps you can start taking to lose weight.

Even though weight loss isn't the ultimate goal, it's still a big part of this process, and an indicator that you're moving in the right direction.

The first step towards creating effective change with your diet is to **create awareness around your eating habits.**

And one of the best ways to create awareness is by tracking your calories and macros.

The reality is this:

We live in a society where it's *incredibly easy to over-consume calories.*

By tracking your food, you're able to learn more about the foods you're eating on a regular basis and how they affect your fitness goals.

Now, a lot of people think that tracking calories is obsessive and tedious. But if you go about it the right way, it's not obsessive at all, and it shouldn't take you more than 5-10 minutes per day.

(I'll talk more about the right way to go about tracking in the next principle.)

From my experience, the people who don't like tracking usually have one or both of these situations going on:



- **Situation #1:** They know they're eating too many calories and don't want to have to face it every day, or
- **Situation #2:** They're putting themselves in too many situations where they don't know how to track, which usually means they're over-consuming calories.

When you recognize that tracking calories is simply a tool for creating awareness, you move one step closer to taking back control of your eating habits.

Then, you'll realize that **YOU are the one in control.**

Food (and your diet) doesn't control you; you control your diet.

Action Step

Start tracking your nutrition using an app like [MyFitnessPal](#). Don't worry about setting a calorie or macro goal yet. Just focus on tracking what you're eating each day.

Track everything you eat for one full day. If you really want to go crazy, track for 3 full days. Everything. If you can't find it in MyFitnessPal (or your tracking app of choice), then try to guesstimate it as best as possible.

That's it – that's your action step for today!



Principle #3: Freedom Tracking

Another reason people don't like tracking is because they believe they have to hit their calorie or macro target(s) perfectly each day.

That quest for hitting targets perfectly is where a lot of the stress and anxiety of tracking comes from.

Tracking is not a perfect science; it's an art.

The goal isn't to hit the perfect amount of calories or macronutrients every day...

The goal is to get in the ballpark of where you need to be to get results...

Enter *Freedom Tracking*.

Freedom Tracking makes tracking easier (and less obsessive) by creating **target ranges and minimums**.

When it comes to losing weight, the two most important things to track are calories and protein.

With Freedom Tracking, you'll set a range of calories and a protein minimum. So instead of thinking, "I need to eat 2,000 calories and 120 grams of protein," you'll think, "I need to eat between 1,900-2,100 calories and at least 100 grams of protein each day."

Much less obsessive. ;)



Action Step

Find your calorie range and protein minimum target.

Want help with this? Simply use the [LFL Nutrition Calculator](#) to find your nutrition targets in under 20 seconds.

(If you're new to tracking, you can skip this step and just focus on tracking for a few days then come back to it. This isn't a race, so go at your own pace.)



Principle #4: There Are No "Good" or "Bad" Food Choices

One crucial mistake that comes along with a *typical* dieter mindset is over-glorifying “good” food choices and over-demonizing “bad” food choices.

That needs to end right here, right now.

There are NO SUCH THINGS as good and bad food choices.

There are just *food choices*, and the context in which they’re made.

In some contexts, you may make food choices that nourish your body and help you hit your nutrition targets.

These are food choices that are more in-line with your fitness goals.

In some contexts, you may make food choices that enhance your experience with your significant other or to celebrate a special event.

These are food choices that are less in-line with your fitness goals...

But at no point are you making morally “good” or “bad” food choices.

Looking for morality in your food choices can only go sideways.

Reason being, you will inevitably find yourself in situations where you are making food choices that are less in-line with your fitness goals.



Fitness is important, but it's not the *only* thing that's important.

Sometimes you're going to make food choices that aren't totally in-line with your fitness goals.

That's okay.

Enjoy those moments.

As long as you're making food choices that are in-line with your fitness goals *most of the time*, you'll succeed.

Action Step

Start erasing the good vs bad food choices mentality by embracing what I call the "Never Miss Twice" mindset.

The idea is this: It's 100% okay to have a meal that's less in-line with your fitness goal. Just make sure you always follow it up with a meal that's more in-line with your fitness goals.

Do that, and you'll always be in a place of ensuring most of your food choices are moving you closer to your goals.



Principle #5: Create Internal & External Accountability

The final principle of the Anti-Dieter Mindset is all about accountability.

Because the truth is this:

At the end of the day, your fitness journey is *You vs. You*.

Meaning, **you are fully responsible for taking consistent action.**

And the way you'll take consistent action is by creating internal and external accountability.

Creating internal accountability yourself comes down to planning.

Here's why:

When you fail to plan ahead, you have to rely on willpower in the moment to make the right choices.

That's fine on occasion, but you don't want to rely on willpower alone.

Reason being, willpower is a finite resource.

Once you run out, it's nearly impossible to make the fitness-minded choice in the moment — especially since it usually means moving away from comfort. When you plan ahead, you are essentially making a promise with your future self.



And you're much less likely to break a promise with yourself than rely on willpower in every moment.

Side note: I know not everyone likes planning, but everyone will benefit from doing more of it.

A strategy we use with LFL coaching clients is the plan *24Before*.

Each night before you go to bed, spend 5-10 minutes to think about the day ahead. Think about what you can have for breakfast, when you can get your workout in, what dinner is going to be, etc.

By planning *24Before*, you are always one step ahead.

It creates less resistance, requires less willpower, and creates more accountability.

The other type of accountability you need (or at least will highly benefit from) is external accountability.

External accountability comes from a coach, friend, or community.

Early on in your journey, this kind of accountability can be an absolute game-changer.

Reason being, internal accountability requires a good degree of self-discipline... Whereas external accountability can fill the void for people who struggle to hold themselves accountable on a consistent basis.



Do You Need More Accountability To Reach Your Goals?

It's tough trying to do this alone, and that's why I created my LEAN Challenge.

This is a 30-day challenge where you get a workout and diet plan to follow for 30 days – but then I email every single day with a lesson and daily action steps to hold you accountable to staying consistent.

Plus, you'll have access to my private community of people all here to support you on your journey...

So if you're ready to finally make the changes that will stick and start seeing results once and for all, then check out the LEAN30 Challenge by clicking the button below:

[**Learn About LEAN30**](#)

