

Lab Report Sheet

The Principle: The Jenny Craig Principle

The Theory: Your thoughts and consciousness provide the scaffolding for your physical body.

The Question: Does what I think affect my environment – specifically, the food I take into my body?

The Hypothesis: If my thoughts and consciousness are in a continuous dance with my environment, the food I eat can't help but be affected by my thoughts. By changing what I think about and say to my food, I will be healthier and, for the sake of this experiment, I lose at least one pound.

Time Required: 72 hours

Today's Date: _____

Weight as Recorded First Thing in the Morning _____

Weight as Recorded in the Morning, Three Days Later: _____

The Approach: Don't change a single thing about your diet. In fact, what you eat should be a nonissue during the time period of this experiment. However, every time you do eat something over the next three days, whether it's your morning over-easy eggs or an afternoon slice of a co-worker's birthday cake, deliberately and consciously send the food positive, loving thoughts before ingesting it. Thank it for nourishing you and expect it to contribute to the betterment of your body.

Research Notes:

"You manufacture beauty with your mind."

-Augusten Burroughs

American Author