

Master Your Weight Loss: Day 1

What are three takeaways from today's workshop?
How do they apply to me? (be specific)

1.

2.

3.

Master Your Weight Loss: Day 1

Internal Reflections

Let's explore the ways that your food patterns might be connected to your nervous system states.

1. What patterns do you notice around food in general?

For example: "I tend to eat really well all day and then overeat or binge at night."

2. How do you eat when you're sad? Bored? Stressed? Tired? Irritated? Depressed? Anxious? Overwhelmed? What about the positive emotions? Is it different for each?

3. If you reflect on your last 'plan' (even if it wasn't structured), when was it easiest to follow the plan? When was it difficult? What was going on in your life OUTSIDE of food?

Master Your Weight Loss: Day 2

What are three takeaways from today's workshop?
How do they apply to me? (be specific)

1.

2.

3.

Master Your Weight Loss: Day 2

Beliefs And Identity

Let's explore your beliefs around weight loss.

1. What beliefs do you have about your ability to lose weight?
2. What beliefs do you have about your ability to keep it off?
3. What have you tried in the past? What are your beliefs about that method or attempt?

Master Your Weight Loss: Day 3

What are three takeaways from today's workshop?
How do they apply to me? (be specific)

1.

2.

3.

Master Your Weight Loss: Day 3

Habits and BEing

Let's explore your habits and ways of BEing that have been getting in your way in the past

1. What habits do you notice around your food intake?

For example: I am really "good" all week, and "reward" myself on the weekends with food.

For example: I get a rush of motivation and go to the store to get all healthy ingredients, but I never seem to want to make that food and I end up throwing it away.

2. What do you think some of your automatic habits might be? Can you think of patterns that your brain/body keep turning you back to, that are keeping you stuck?

****hint: what are the things you keep coming back to, even though you swore you wouldn't!*

Example: I swear I am going to get a workout in 3 times a week, but then I end up making excuses for why I can't, then I just give up.