

your weight loss
as an epic adventure



PREP YOUR BRAIN TO LOSE THIS WEIGHT UNLIKE EVER BEFORE!

1. What has weight loss felt like for YOU in the past?

(List all the things that come to your mind...)

2. What are you deciding for your weight loss journey to be THIS TIME?

(You can identify ONE thing that resonates the most for you, or a few important things that come to your mind)
