

3 questions to take the focus off weight loss



Weight loss goals, just by themselves, can be soul sucking. They can become an obsession. They can cause people to go on extreme diets that were never sustainable in the first place only to deal with the consequences later: gaining the weight back, feeling defeated, etc. Perhaps you've even experienced some of this yourself.

Here are three of the questions I get my new clients to answer when we first start on our journey together. They are meant to take the focus off the weight loss effort itself, knowing that through creating sustainable healthy habits, and building consistency, weight loss will follow.

Try them yourself and see what answers you can come up with.

What are 2-3 things you want to be doing in your life? And what's preventing you from doing them?

What are some things you want to learn how to do?

What are 3 things you can do RIGHT NOW, to get you closer to the things you want to be doing?

1. _____

2. _____

3. _____

Now go and get these things done! 😊

Wishing you much success in your fitness journey!