



# USING THE JOURNAL

## *Your Why*

Every day you are going to remind yourself why you are on this journey. Use the why that speaks to you that day. This is going to reinforce in your brain all of the reasons you want to get healthy and be at a healthy weight.

## *Get comfortable with discomfort*

Spend five minutes using one of the two methods from the journal, allow your feelings to be present without pushing them away. Then decide how you want to feel today. It should be a feeling that helps you stay on track, like: determined, motivated, confident, brave, loving, accepting.

## *Start Loving Yourself Now, Because How You Feel Here is How You'll Feel There*

Fill in a loving thought for yourself for the day. Then repeat that thought to yourself throughout the day. Fill your mind with loving thoughts about yourself. It will change you forever.

## *Celebrate All the Way to Goal Weight*

Come up with something every day to celebrate. Eating on plan for the entire day or the entire week, drinking enough water, going for a walk - these are all things to celebrate!

## *There's Always A Mountain to Climb*

While you're in weight loss mode, there's only one mountain to climb, which is to get to goal weight. Write your meal plan for the day ahead of time every day. Commit to following your food plan every day.

