Obstacle Busting Worksheet

1

Identify all your obstacles to following Trim Healthy Mama:

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2

Take a few moments to think about each obstacle. Will a shift in thinking help you overcome any of them? List which ones, and how you will shift your thinking.

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Look at the obstacles that are left. Put your thinking cap on. List your solution for each obstacle.

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Decide which obstacle you want to work on first. Write it down. Are you going to shift your thinking or implement a solution? Be as specific as possible.

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5

Evaluation and adjustments. After implementing a shift in thinking or a solution, take the time to evaluate how your strategy worked. Please do not judge yourself. Look at this exercise as gathering data. What could help this strategy work better?

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KEEP ON GOING

Healthy Way with Coach Kate