



SIGNATURE 7-STEP
METHOD FOR
LASTING WEIGHT LOSS

STEP 2

**CREATE AWARENESS
OF YOUR HABITS,
BEHAVIORS & MINDSET**

What Are Your Habits?

A habit is something automatic we do without even thinking about it.



**Changing habits is about
mindful repetitive actions.**

**Your habits keep you stuck on
the diet rollercoaster.**



Lasting Weight Loss
is about breaking old patterns
and forming new, healthy ones.

New Behaviors = New Habits

Be consistent!



**What Are Your Habits
and Behaviors Around Food?**

**What Are Your Beliefs
Around Food and Eating?**

**What Beliefs Do You
Need to Change?**

EMOTIONAL EATING:

Do You Eat When
You're Not Hungry?

➔ H.A.L.T ➔

Are you Hungry?
Angry/Anxious?
Lonely?
Tired?

Get Clear on What Your Habits Are

- Eating after dinner?
- Clearing your plate and not wasting food?
- Stress/emotional eating?
- Food as a Reward?



**You Deserve Something
More than Food!**

**Being aware of your self-talk
is the first step to changing it.**

Ask Yourself

**Is this the best choice I
can make for myself?**



Will it serve me?



**Will it get me closer
to my goal?**

Step 2: Create Awareness

Write a list of your habits and behaviors that you believe prevent you from losing weight and/or keep you on the diet roller coaster.

What is your mindset and beliefs around food and losing weight?