



SIGNATURE 7-STEP
METHOD FOR
LASTING WEIGHT LOSS

STEP 3
MONITOR
YOUR MESSAGING

What Do You Say To Yourself?



**Thoughts are running through
your head all day, every day.**

**Get clear on what you're saying
to yourself, especially when
you're eating or around food.**



**You can't always stop the
thought from coming, but you
do have the power to change it
to a different thought.**

What if the next thought is:

That's not the truth.

I am in control.

I do care.



Our Actions Follow Our Thoughts



**If you change the thought,
you can take a different action.**



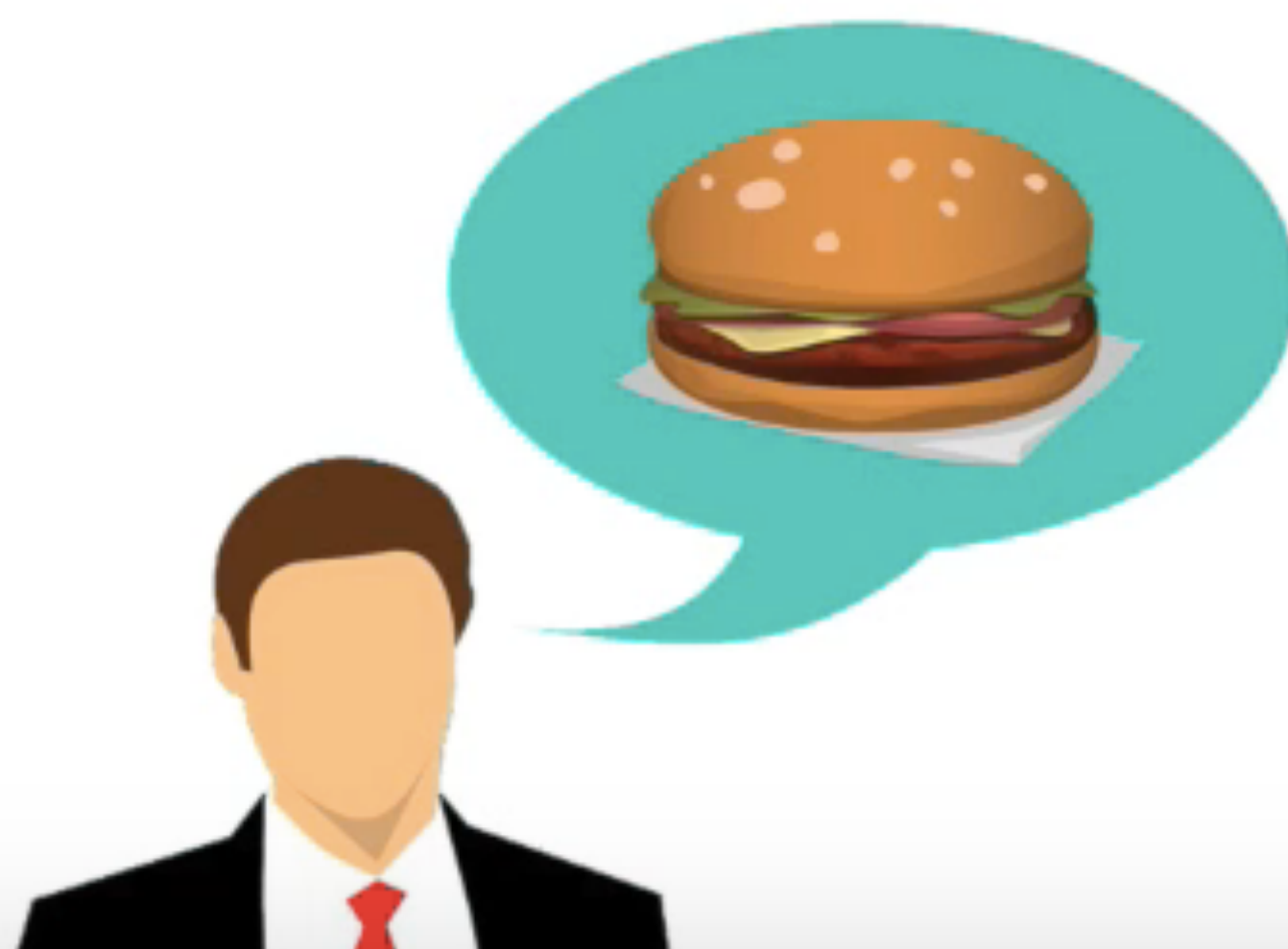
Get out of the loop!



Head Hunger (Emotional) vs. Stomach Hunger (Physical)

“I feel like eating” is head hunger.

“I’m hungry” is stomach hunger.



**Monitoring your messaging is the
KEY to sustainable weight loss.**



**You can't change something
you're not aware of.**

**Get clear on what you're telling
yourself so you can create a
new story and a new dialogue.**



**The weight loss journey isn't a
straight line.**

**Be kind to yourself.
Speak to yourself as someone
you love.**



Step 3: Monitor Your Messaging

Write down what you're telling yourself.

Are you creating reasons why you should eat vs. why you shouldn't?

Monitor your self-talk. What else could you say to yourself?

LET'S REVIEW

Day 1 - Nourish

**Day 2 - Get Clear on Your Habits
& Behaviors Around Food**

Day 3 - Monitor Your Messaging

Schedule a call with me!

Go to speakwithlisa.com