



SIGNATURE 7-STEP
METHOD FOR
LASTING WEIGHT LOSS

STEP 4 IDENTIFY TRIGGERS

Triggers can be:

- Thoughts/beliefs
- Negative emotions/bad moods
- Positive emotions/great moods
- Physical sensations/anxiety
- People
- Sight/smell of food
- Time of day
- Situations



**This journey is NOT
a straight line.**

**You will be triggered.
Just get back to your routine
and keep going!**



Get Clear on Your Triggers

*What's causing you to
“feel like” eating?*



**When you know the trigger,
you can change your thoughts
and redirect your actions.**



***There more awareness you have around
your habits, behaviors and patterns,
the easier you can change them.***

Step 4: Identify Triggers

Use the Identifying Triggers PDF to write down what triggers make your brain go to thoughts of food and eating.

What can you do instead?

Go to speakwithlisa.com to schedule your free breakthrough call.