



SIGNATURE 7-STEP
METHOD FOR
LASTING WEIGHT LOSS

STEP 6 PRACTICE

Think about playing the piano.

You wouldn't be able to sit down and just play! You would first need to:

- ✓ Learn the keys
- ✓ Learn the notes
- ✓ Learn how to read music
- ✓ Practice!



If you want to STOP emotional eating and yo-yo dieting, you need to practice these steps.



Practice...

- ✓ **Your new script**
- ✓ **Being mindful**
- ✓ **Getting in touch with stomach vs. head hunger**
- ✓ **Going through the process**

...and you WILL be successful!

➔ REMEMBER YOUR WHY ➔

**What do you want
and why do you want it?**

**How will losing the weight and
keeping it off change your life?**

**Schedule a free call
with me at
speakwithlisa.com**

You don't have to do this alone!

**This is about finding
what works for
YOU in YOUR life.**

**If you're honoring your
hunger and satiety,
you don't need to count calories.**

**If you're being mindful of your choices,
you don't need to count calories.**



Practice + Consistency = Results!



**Go back and review.
Think about what's going
on for you.**

**What do you want?
WHY do you want it?
What's been stopping you from
getting the help you need?**

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