



SIGNATURE 7-STEP
METHOD FOR
LASTING WEIGHT LOSS

STEP 7

MAKE IT SUSTAINABLE

Get Lasting Results and Make It Sustainable

**Continue to practice these steps to
keep the weight off for GOOD.**

Find what works for you in YOUR life.

This a journey.

It's not about willpower. It's about making real, sustainable lifestyle changes.



Figuring out the root cause of your emotional eating is the key to changing your mindset and getting unstuck.



Write a New Script

It's just food!

**You CAN lose the weight when you
commit to changing your habits,
behaviors, and mindset.**

**It's about changing
your story and creating real,
true lifestyle changes.**

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

Make It Sustainable

Practice

Be Consistent

Manage Your Mindset

Get Support



**Schedule your free call with me
at speakwithlisa.com or email
lisa@lisagoldbergnutrition.com**