



What we think we need	What we actually need

During the workshop, we'll also be asking you to "fill in the blank" on some of the thoughts that commonly trip us up. If you'd like to get a head start, you can give them some thought ahead of time.

"I could succeed at weight loss if only _____"

"I don't trust myself to know what's right because _____"

"Weighing less is important to me because _____"

"I would have more time if I stopped/started _____"

"One optional source of stress in my life is _____"

"The main thing that's holding me back is _____"

"One thing I could start doing today is _____"