

Saturday Morning Ritual

Episode 24: Identity Reinvention: Crafting a New Narrative for Weight Loss Success



WHEN YOU THINK ABOUT YOUR SUCCESS THIS WEEK. WHAT DO THEY SAY ABOUT YOU?

IF YOU HAD TO GUESS THAT YOU HAD A BELIEF THAT LED TO YOUR SETBACK THIS WEEK WHAT WOULD IT BE?

IF YOU WANT TO SHIFT YOUR IDENTITY AND OR BELIEFS, WHAT TECHNIQUES WILL YOU USE?

LET'S MAKE A PLAN FOR WHO YOU WILL BE IN THE FUTURE. WHAT IDENTITY AND BELIEFS DO THEY HAVE?



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