

CHANGE CHALLENGE




BUILD CONFIDENCE · LEARN CONSISTENCY · TRANSFORM YOUR LIFE

- Stop Weighing Yourself -

THE GOAL

Learn to self-validate our progress and trust the process.

ACTION ITEMS

-  Put your scale out of site so you won't be triggered to weigh yourself when you see it.
-  Write down 5 behavioral progress markers that you can use to self-validate your progress.
-  When you feel triggered to weigh yourself redirect from the outcome (weight) back to the process (behaviors) by asking if you've made improvements on any of the 5 progress markers you identified in action item #2 above.