



From Fat to Thin Thinking



WEEKLY REVIEW & REFLECTION

Take a moment to learn from what worked and didn't work for you this last week so that you can keep improving your weight mastery. Review your data that you collected from this week. It will help you make an accurate assessment of what has been working and what hasn't. Look at your record keeping: your journal in the back of the book or your food and exercise tracking app, your weight chart and also look at your Weekly Weight Release Planner from last week.

Use these questions to help you reflect on last week:

Which goals did you achieve (weight, exercise, calorie budget and others) for this week?

Why did you achieve them?

Which goals did you not achieve?

Why did you not achieve them?

Which of these skills needs more attention and/or improvements?

- Planning ahead
- Staying within your Calorie Budget for Weight Release
- Exercise
- Mastery Zone: more protein? less refined foods? More vegetables and fruit?
- Tracking your food and exercise
- Keeping trigger foods out and healthy foods around
- Seeking support from others
- Removing negative self-talk
- Taking a Shift breath and refocusing
- Strategizing with your Inner Coach
- Getting back on track rather than starting over the next day

Is there anything else that needs to improve?

Do you need to be more consistent with the hypnosis and meditation sessions (they have a cumulative impact so it helps to keep up with them)?

What would you like to acknowledge yourself for?

Great, now take a moment to plan out this coming week with your Inner Coach and the **Weekly Planning Huddle Checklist**

[Type text]

