

OBSTACLES

four day challenge



WEIGHT

What is an obstacle? A thing that blocks one's way or prevents or hinders progress.

What do you think is "preventing" you from achieving success?

(ie: I have trouble losing the weight because I turn to food for emotional support.)

Write down 5 reasons that you feel you haven't made progress with your weight yet.

- 1.
- 2.
- 3.
- 4.
- 5.

Write down your beliefs about your weight-

ie:

NOW IT'S YOUR TURN:

- 1.
- 2.
- 3.
- 4.
- 5.

Let's change your thought - and see where your results are. New thought = New results:

- 1.
- 2.
- 3.
- 4.
- 5.