

EPISODE 46: What a protocol is...

Weight Loss and Creating Your Own Eating Plan

What are your current eating habits.

Why do you think you chose to have these eating habits?

Where did they come from?

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What do you like about your current eating habits?

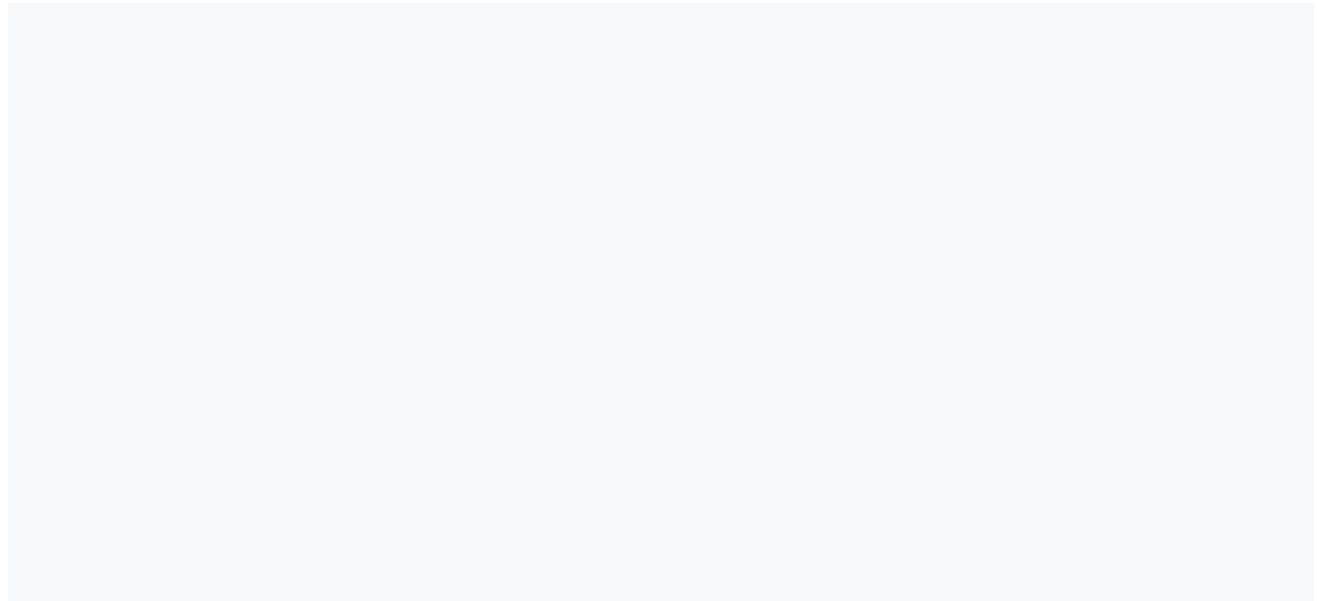
What would you like to change about how you are currently eating and why?

What made total sense from this episode?

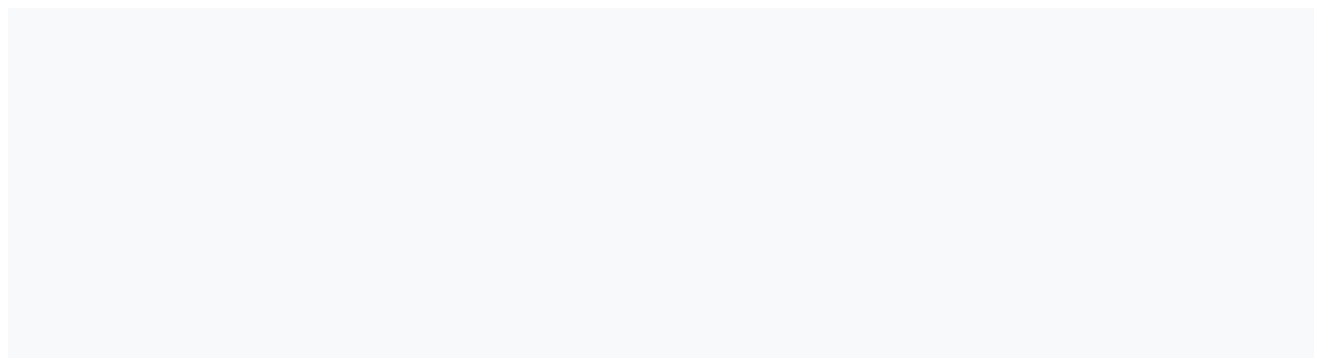
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What is one thing you are going to do differently today that will help you feel better in your own skin?



What would a day in the life look like if you ate perfectly according to your new protocol?



Love Yourself Thin has the exact process of problem solving for all of these. I invite you to join the Lifetime Membership so you can learn how to change. You just haven't learned the skills yet, I will teach you how.