

Weight Loss Awareness

If you're struggling with your weight, most likely it's a symptom of what's going on deeper. Think of it like a fruit tree – in order to have healthy fruits you need to have healthy roots.

The following exercises will examine your roots and help you uncover some of your non-supportive beliefs. This will help you shift your perspective so you can grow healthier fruits.

You can do this alone, with a close friend, or even in a group. Here's how:

1. Fill in the following Weight Loss Awareness Exercises being as honest, vulnerable and open as possible.
2. Review your responses and carefully consider if your beliefs support your weight loss and health goals. (Or, if you're not doing the exercises alone, share your answers and discuss.)
3. Complete the Releasing Exercise.

Weight Loss Awareness Exercise #1

Being at a healthy weight is...

Weight loss is...

Thin people are...

Heavy people are...

Some reasons I think I may not be able to lose weight are... (list several)

Some reasons I think I may not be able to keep the weight off are... (list several)

The most difficult thing about weight loss is...

The most difficult thing about being overweight is...

Weight Loss Awareness Exercise #2

1. What you heard

(write down all the negative things you heard about weight as a child from culture, parents, siblings, teachers, etc.)

2. What you saw

(describe some of the “unhealthy” behaviors you witnessed as a child from your parents, friends, siblings, media, etc. surrounding health and weight)

3. What you felt

(describe what types of feelings were associated with food, health, or weight during your childhood)

4. What you were taught

(write down what you learned about food, health, and weight growing up)

5. What you experienced

(write down a specific experience that negatively impacted you as a child regarding your weight or health)

Releasing Exercise

Review your responses from the previous exercises and identify the top 5 limiting beliefs you're carrying about weight loss, food or health. These are the things that are not serving you on your journey.

On a fresh sheet of paper write at the top, **“I am choosing to release the following”** and then list each limiting belief.

When you are finished making your list, destroy the paper. You can rip it up, shred it, burn it (my fav), or whatever. This is important: As you destroy the paper, take a deep breathe and release the energy associated with these beliefs.

It sounds a little crazy, I know, but this type of ritual is incredibly useful. The ritual guides you to see things in a new and different light, and it allows you to let go of the beliefs that are holding your back. It's simple, powerful, and effective!