

Module 2 worksheet

1) What are your beliefs about losing weight?

A)

B)

C)

You can choose to believe that weight loss is difficult or that you will be successful in reaching your ideal body size and shape. Which ever you choose you will be correct. You thoughts become things and you manifest exactly what you think.

2) Now let's reframe those beliefs (above) to positive, empowering beliefs: Write them below.

A)

B)

C)

3) What new healthy eating and lifestyle choices will you make?

Unhealthy
Ex. French Fries

Healthy
Brown Rice

1)

2)

3)

4)

5)

6)

7)

8)

9)

10)