

PODCAST STUDY GUIDE

Your Weight Loss Identity

EPIISODE 1

- What is your weight identity?
(Describe yourself in regard to your current weight number, in one sentence.)
- What do you make that sentence mean about you?
- How do you feel when you think that about you?
- Is it helpful?
- Do you want to keep it?
- Is it getting you closer to the person you WANT to be?
- Why do you identify this way?
- What's the story or circumstance this identity came from?
- What are the benefits to identifying this way?
- What are the drawbacks to identifying this way?

Natalie Brown

IT BEGINS WITH A THOUGHT COACHING