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# Pivotal Weight Loss Moments

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## EPISODE 6

### The BEFORE moment:

- What foods serve your goals?
- What foods help you get closer to the person you want to be?
- What is realistic for you?
- What do you want to commit to that you know you will stick to?

### The DURING moment:

- Why do I want this other food?
- Why does it feel important right now?
- Does this other food serve my goals?
- How am I feeling right now?
- How will I feel if I eat it?
- How will I feel if I don't?
- Will this matter tomorrow?
- What would my future self advise me to do in this moment?
- What am I really looking for?

### The AFTER moment:

- Why did you eat it?
- What did it provide you in the moment? (joy, fun, relief from boredom or stress)
- What will you learn?
- What will you do differently next time?
- How do you want to feel about it going forward?
- How will you let it go?
- What now?