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# Questions For you

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## EPISODE 26

How often do you pause and connect with what it is you really want and why it matters?

Take this opportunity to just pause. I want you to pause and check-in with yourself. Whenever you are on your journey, ask yourself the following questions -- and require yourself to answer.

Take as long as you need. Notice what comes up for you. Dive deeper. Understand. And love yourselves enough to honor the answers.

- What do I want?
- Why do I want it?
- What is the story I'm telling about my weight loss journey?
- Do I like that story?
- Do I want to keep telling it?
- How can I tell a new story?
- Who am I now?
- Who do I want to become through this process?
- Why does that matter to me?