
Weekend Thinking

EPISODE 34

Do you ever notice the tendency to want to escape on the weekends through overeating or overdrinking?

We're often successful with our weight loss on weekdays, but then we backtrack once Friday hits. This is likely because you have some "weekend thinking" that is not serving you.

Questions to explore about weekend thinking:

- What are the facts of your weekend?
- What's the same about Friday through Sunday for you? What is actually different than the weekdays?
- What do you believe about food and what is available to you on the weekdays versus the weekends? Why do you believe this?
- Is this belief serving you? Are you willing to let it go?
- What are the feelings you are looking to feel or escape on the weekends, and what are you believing the food or alcohol will create for you?
- How can you pull a little of that into every day, instead of saving it up for the weekend?