
Referencing The Past

EPISODE 36

In the process of weight loss, we don't want to dwell on past mistakes or live in the past. Instead, we want to use the knowledge and experiences from the past to help us create success in the future.

Questions to ask yourself about the past:

Notice what you are currently believing about your ability to accomplish your weight loss goals.

- What evidence from the past is your brain using against you?
- How can you instead use that evidence as a reference point?
- What worked and what didn't?
- What went well and what challenged me?

And then, most importantly, I like to use that evaluation to come up with what I want to do differently next time.

That is how we disrupt our brain patterns. We raise our awareness of our thoughts and come up with a plan of what to change and how to execute it.