
Balance and Contrast

EPISODE 65

Where are is the contrast high on your weight loss journey? Find out why.

Ask yourself:

- What feels uncomfortable that once felt comfortable?
- What is that discomfort in service of? What makes it worth it in the end?
- What are you learning as a result of the discomfort, or what are you moving toward?
- Notice the places where the contrast once was high, but it has mellowed out as you have changed the ways you perceive it or how you're showing up for it.
- What feels comfortable that once felt uncomfortable? Was there a time where you thought this was impossible?