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# Review and Refresh

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## EPISODE 68

It is so important that we review where we are and refresh where necessary to move forward and keep creating success.

### Ask yourself:

- What have I been choosing and why?
- What do I notice I do not want to choose anymore?
- How could I refresh it?
- Where in your weight loss journey could reviewing and refreshing benefit you?
- Where have you gotten into patterns that aren't moving you forward?
- Where are you stuck doing what you've always done, even if it isn't really working anymore?
- Why isn't it working? How could you make it work in a new way?

### How to review and refresh your thoughts:

What's the first place to start in reviewing and refreshing a particular area? Look at what you're thinking about it.

Part of what's not working could be your attitude, your opinion, or your perception. Review your beliefs about your capability. Do they need a refresh?

- What about your thoughts about weight loss and your body? Do they need a refresh?
- What about your goal? Review it. First of all, is it still what you want? Second, does it reflect what you value? Is it realistic?
- What about your timeline? Is that realistic?