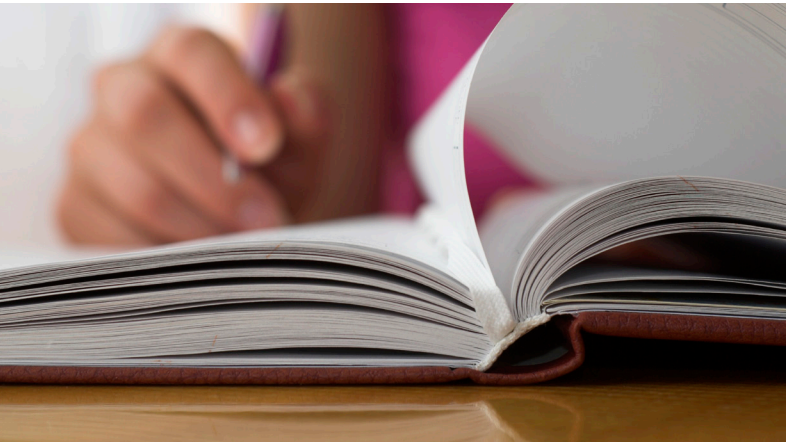


Journaling to Achieve Your Weight Loss Goals

Journaling is a powerful tool to help open your eyes to your life responses, rebuild your self-esteem and self-confidence, and learn to trust your judgement. Journaling can help you process uncomfortable situations or difficult emotions, and understand the ways you may be sabotaging your weight loss.



Supplies:

A notebook and pen, or your computer. Your journal should be private, so you feel safe!

To Get Started:

Beginners: Journal for 10 minutes, at the same time and in the same place, every other day.

Advanced: Journal contrary to your nature. If you're a structured person, be spontaneous and vice versa. Journal for 10 minutes every day.

Group Work #1

What do I tell myself when I've fulfilled the food needs of my body?

When Journaling, ask yourself the Five Ws:

Who, What, Where, Why, and When
What does this remind me of? How do I deal with this feeling? What fear does this bring up?

Group Work #2

Answer each question.

What would my life be like if I reached my goal weight?

What is most appealing about this? What's least?

What do I feel in my body?

Is there a rebel part of me that doesn't like to be told what to do and how to eat?

Journal Ideas

Dream Journal - How do you feel about your dreams?
Gratitude Journal - 5 things you're grateful for each day.
Accountability Journal - How are you accountable for your actions that day?

Homework:

How do you nurture yourself? How can you start? Are there regrets in your life? What fears do you have regarding losing weight? How do you deal with friends and family that don't support you?