



Module 2 Assignment

Write down all the diets and ways you have attempted to lose weight over the years (just notice what you are feeling). Did they work?

Are you willing to be willing to let go of your old ideas? You don't have to magically let them go, but be willing to be free of them now or in the future.

If you do have a number, or a size goal, where did that number come from? What belief do you attach to the number? Example – “When I am _____, I will be happy, loveable, beautiful, acceptable?”

What are your “As soon as _____, then I will be _____” beliefs?
