

Shedding the Weight

DEACTIVATING A TRIGGER

IDENTIFYING MY TRIGGERS

EXTERNAL TRIGGERS :

INTERNAL TRIGGERS:

THE TRIGGER I WOULD MOST LIKE TO DEACTIVATE IS

I HAVE IDENTIFIED THESE WAYS TO NURTURE MYSELF

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THE NURTURING STRATEGY(IES) THAT I WOULD MOST LIKE TO TRY AS A
NEW BEHAVIOR IS/ARE:

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○

My plan

WHEN I FEEL-(MY TRIGGER)

I WILL TRY MY STRATEGY OF

HOW DID MY PLAN WORK OUT....



SUCCESSFUL - YAY!
WRITE ABOUT IT HERE

IT DIDN'T WORK OUT THE WAY I
EXPECTED BUT THIS IS WHAT I
LEARNED....

WHAT IS NEXT?

(CONTINUE MY PLAN, TWEAK MY PLAN OR TRY A NEW STRATEGY)