



## Your Weight Loss/ Food Story

I speak to people on a regular basis about their issues with food and weight, and what I know is this:

Everyone's got a story.

Either they've always been aware of their bodies being bigger or of their slow metabolisms since they were a kid like me, or there was some life-changing event—an injury, an illness, menopause, having a kid, marriage, etc. that catalyzed the extra weight gain and the poor eating habits.

I'd like to remind you, that there is a REASON you are in this course right now. There is a REASON food/weight is an issue for you right now, and it DOES NOT have to do with a lack of willpower!

All of you have tried losing weight in the past, all of you have educated yourselves on HOW to lose weight, most of you have been successful at times, but the weight always ends up coming back or the annoying thoughts continue on...

KNOW that there is NOTHING WRONG WITH YOU!! You are NORMAL! We just gotta change a few things around here and adjust a few things there, and BOOM! Let's get you on the path to success!

Starting with...

You telling YOUR STORY, KNOWING that it is not dumb, or stupid, and that YOU are not dumb or stupid for having an issue with food like society sometimes makes us feel like we are. It is simply truth. It is time to really look at your truth and accept it and love it, and bless it!

Please write your story here in as much detail as possible from: It all started when, during that time of my life x,y,z was going on, I felt like this, I used to be like that, I tried this and that, I succeeded with this, I failed with that, lately I've been feeling \_\_\_\_\_ about weight loss and what I most need from this course and from the amazingly loving Weight Win community is... and whatever else you'd like to share!



If you feel comfortable, please share your awesome story in the Facebook group—the more you share your story and get the validation that you're not alone and that you're loved anyway despite your imperfections, the faster you'll be able to blast through this garbage and smooch it goodbye forever!

This is the love yourself to freedom approach! If you feel more comfortable privately emailing it to me, that's ok too.

So grab the beverage of your choice, get in your self-love zone, and enjoy this exercise—make it spiritual—cause it is! Xoxo.