

Welcome To...
**The Stubborn Fat Loss Solution...
For Supermoms**

*Discover The Hormonal, Genetic & Lifestyle Secrets
To Burning Fat, Controlling Appetite and Eliminating Your Cravings...*

Lesson 1 Worksheet

1. Example of a time you thought you knew something and zoned out and missed out.

2. What is your reason for taking this program?

3. Write down a time you were NOT clear about something you wanted and how that turned out.

4. Write down a time you were totally clear about what you wanted and how that worked out for you.

5. Write down something you are really skilled at. What is that? What was the foundation you created to become good at that?

6. Write down a time you did something as a fad. Write down how that turned out for you? What were the results? Was there a foundation created?

7. Write down things in your life you created with a foundation. Note how skilled and successful you are in those areas.

8. Write down a time you could not keep a commitment you made to yourself and how that felt.

9. Write down a time you did keep your commitment to yourself and how you felt afterwards.

10. Write down a time you believed you could not accomplish something but you found a way to get resourceful and you found a way to make it happen.

11. Make a list of things outside of your comfort zone right now.

12. What are you honestly neglecting in your life right now?

13. Write down the last time you did a crash diet to lose a lot of weight fast and ended up gaining it all back. Would you go back and lose it slowly if it meant that today you were at that lower weight?

14. Write down your ultra clear vision of what you want to be, do and have in life and with your health.

15. Write down your guilty pleasure motivation.

16. Write down what you are going to commit to. Be specific. What weight do you want to be, what size do you want to be? What date do you want this to happen?

Love,
Laura