

Carrots 'n' Cake

YOUR 5 WHYS

The goal of 5 Whys is to discover the true reason for your health and weight loss goals. Once you uncover the root cause, it's easier to make a plan and stay consistent.

You start by asking 1 why question. Then, with whatever answer you come up with, you ask why to that first answer... and continue to ask why five times.

- Why do I want to lose weight?
- And why does that matter?
- Why?
- Why?
- Why?

YOUR IDEAL SELF

Imagine your 'ideal self' aka the person you want to become when it comes to your health, including your physique goals! Research suggests that you'll not only increase your progress in the present, but pave the way for sustained fat loss outcomes in the future.

Please get as detailed as you can with these questions. The more real these scenarios feel, the easier it will be for you to incorporate them in your daily life and habits. Keep in mind that these scenarios are just examples. Your ideal self won't follow a strict schedule and do the same exact thing every day, but getting these thoughts down on paper can help you get clear with your goals and motivations!

- What kinds of foods would your ideal self eat? Are there any foods that they would not eat?
- How would they approach food? Would they track macros, meal plan, eat intuitively, etc.?
- What would they do if they binged, missed a meal, or got off track with their diet?
- What types of exercise would they do? How much and how often?
- How would they deal with stress and emotions?