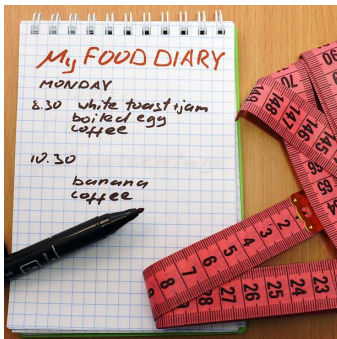


4 Signs You Might Be Sabotaging Your Own Weight Loss Journey!

Sabotage! That infamous word used to describe someone or something messing up your weight loss journey! But what if that someone is YOU? Don't be offended! Sometimes we just need to confront the real issues to get past what's holding us back from success! At E4M we are here to encourage and motivate you to get serious about your goals and honest about your plan! Below are the 4 Signs that you might be the one sabotaging your own success! But no worries! we've got the strategies to conquer the sabotage! Read on!



1. You Refuse to Journal

Refusing to journal is like saying, “I didn’t really eat that!” And, more often than not, it’s a lie. Staying accountable through a food journal is not only a way to count calories, but also a great way to better understand why you eat in the first place. Let’s face it, we didn’t get here eating when we were hungry! Ask God to help you embrace food journaling, realizing it’s more than just a tedious task!

TRY THESE STRATEGIES TO GET EXCITED ABOUT JOURNALING

1. PRINT OUT A FRESH MEAL PLAN TEMPLATE TO CREATE A WEEKLY MEAL PLAN AND STICK IT ON THE FRIDGE (CHECK OUT THE ONE WE HAVE FOR YOU UNDER THE MEMBER RESOURCES TAB ON THE HOMEPAGE OF THE APP)
2. LOG ONTO MY FITNESS PAL AND UPDATE YOUR GOALS
3. CONNECT WITH A FRIEND ON MY FITNESS PAL AND COMMIT TO JOURNALING TOGETHER
4. TELL YOU E4M FAMILY YOUR JOURNALING AGAIN TO ADD TO YOUR ACCOUNTABILITY

2. You Won't Weigh In (at least consistently)



Refusing to weigh in is another sure sign of sabotaging your journey. Let's face it. When we don't weigh in, we are simply saying, "I don't want to see that number!"

Yes, your journey is more than the number on the scale. But the number on the scale was also designed to keep you moving in the right direction.

TRY THESE STRATEGIES TO GET EXCITED ABOUT WEIGHING IN

1. SET A WEEKLY WEIGHT LOSS GOAL. WITHOUT A GOAL ATTACHED, WEIGHING IN HAS LESS VALUE.
2. CLOSE THE KITCHEN THE NIGHT BEFORE WEIGH IN, A LITTLE EARLIER THAN USUAL. THAT USUALLY PROVIDES A LITTLE MOTIVATION FOR THE NEXT MORNING
3. ASK GOD TO HELP YOU GET AND STAY ACCOUNTABLE.
4. REWARD YOURSELF AFTER WEIGHING IN. WE ALL LOVE REWARDS, AND IN WEIGHT LOSS THEY CAN BE GREAT MOTIVATORS. GIVE YOURSELF A TREAT FOR WEIGHING IN EACH WEEK. I.E. ENJOY A MORE INDULGENT BREAKFAST, OR LUNCH ON WEIGH IN DAY! (BUT THEN, GET RIGHT BACK ON TRACK!)

3. You Have a tendency to divert blame.

"I have a very stressful job! My husband doesn't talk to me! I'M RAISING TEENAGERS!" I hear you, I really do! But let's face it, the job, the husband, and



the teenager's did not force feed you a ½ gallon of ice cream and a sleeve of cookies. At some point we have to take responsibility for how we are coping with the stressors of life and quit blaming everything and everyone else for our choices. Let me help you take control and responsibility for how you handle

"life". The next time one of the above scenarios (or something or someone else) threatens your healthy eating, try one of these strategies!

"REMINDE YOURSELF" OF THESE TRUTHS TO HELP KEEP YOU FROM BLAMING OTHERS

1. REMIND YOURSELF THAT NO ONE CAN MAKE YOU EAT.
2. REMIND YOURSELF THAT YOU ARE BETTER OFF WITHOUT THE FOOD, AND THERE ARE BETTER COPING STRATEGIES LIKE TAKING A WALK OR PRAYING WHEN DEALING WITH STRESS
3. REMIND YOURSELF THAT GOD WILL HELP YOU COPE FAR BETTER THAN CHOCOLATE!
4. REMIND YOURSELF THAT THE STRESSORS OF LIFE WILL NOT BE SOLVED WITH FOOD, ONLY EXACERBATED!

4. You Isolate from your "program."

Let this be your reminder: We are better together! Most people will finally come to the conclusion that, although their weight loss program wasn't rocket science, it was the community that changed the outcome! Being in community together and realizing that we are all fighting the same battles is what strengthens us! Use these four strategies to keep from isolating yourself and catapult you into moving forward!



TRY THESE STRATEGIES TO KEEP FROM ISOLATING YOURSELF

1. LAUNCH YOUR E4M APP EVERYDAY AND ENGAGE WITH A RECIPE, VIDEO, ETC.
2. READ THE E4M DAILY DEVOTION AND COMMIT TO IMPLEMENTING THE STRATEGY AT THE BOTTOM
3. ENGAGE WITH OTHER FAMILY MEMBERS ON THE APP IN THE MESSAGE ROOMS BY COMMENTING OR ASKING QUESTIONS

4. TUNE INTO THE WEEKLY STRATEGY MEETING. GO ONE STEP FURTHER BY COMMENTING ON SOCIAL MEDIA OR ON THE LIVESTREAM!