**Inside Health Weight Loss Program**

Week 1: Journal Prompts

What is your road map? What are all the things you need to do to close the gap between where you are and where you want to be? What are you going to do to get the results you want?

Rituals are key! Consistent routines and habits make our brain happy. A ritual is key to keep you consistently moving forwards your dreams, so think about the structure you will implement every single day. (e.g. journaling in the morning about what you’re going to eat today, meditating at a specific time when stress is the highest, etc)

What is your compelling purpose? List all the reasons that will keep you jumping over all the hurdles that will be thrown in your way (and you know the will). What is your reason to keep fighting every day for your goal?

What is ONE THING you can commit to RIGHT NOW and put into place immediately? Who do you need to call, what do you need to book, what do you need to schedule or plan for so that you're taking steps to towards your goals immediately?

Write a list of 10 things you absolutely love about yourself and your body. What are you in awe of? How are you powerful and strong? What things might people notice and absolutely love about you when they see you? When are you most proud of you? What do you love most?