

The Weight is Over Now

42 Days to Wellness, Weightloss, and WOW!

with Roberta Mittman



Module 6 Notes

When navigating through life, it's likely you'll find yourself in various situations around food and eating that require special treatment, planning, and awareness.

Here are several of them that we discussed . They include...

Eating Out in Restaurants

List some options for smart ordering in restaurants. _____

How will you ensure that you are eating correct portions? _____

What is my Rule of Four? _____

Who should you sit next to, in which seat, and when should you order? _____

How do you know you've had enough and what should you do to determine your "fullness"? _____

Dining with Family and Friends

What steps can you take to ensure that you can comfortably stick to your plan when you're eating with family and friends who have prepared food for you?

What can you do if you begin to feel pressured by others?

Coming Home Late at Night Feeling Exhausted

What is the best strategy for ensuring that you can have a healthy meal even though you are "decisioned out" and tired from a long day? _____

Weekend Eating Strategies

What are the common traps when dealing with weekend eating and what can you do to avoid them?

Vacations and Balanced Eating

What are some strategies for staying on track during a vacation—and what happens if you don't?

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Buffets—Why are They Like Landmines?

What are the specific actions you can do to enjoy yourself and still stay in control? _____

Which Supplements Might Work for You?

Which are the core ones and which are ones that you may want to try (if they are right for you)?

Getting Support for Moving Ahead

Why is support and accountability such key factors in continued success? What will happen if you don't have those in your life moving forward? How can you ensure that you'll be able to have continued success? While the information and plans here are designed to be sustainable, you won't be surprised to learn that it can be difficult to stay the course alone. The problem that I hear most often is that people try to handle the food and eating on their own, but slowly lapse back into old habits and patterns without guidance and support? What would be the cost to you—personally and professionally—if that were to occur?

Read on for my solution...

In our final Module, can see how far you've come from when you began?

Weight loss is really an inside job...it touches everything in your life and becomes not only a way to become healthy and vital but also a gateway to learning about yourself. The quest to look and feel fabulous in your own body leads to a valuable opportunity to appreciate and learn about yourself, your oldest and best friend. I'm hoping that you are coming away with information and insights into what makes you tick—and how can you find balance and peace in your life, especially around food and your body. After all, success starts with you.

Believe it or not, a wonderful transformation has taken place within you in the span of the 6 modules. And, as time goes on, incorporating just some of our ideas and action -inspiring steps will help you to establish a new "normal" for yourself and new routines about eating, moving, and thinking in an empowering way. The goal: feeling trim, energetic, and mindful-- as the "CEO of you".

I know you are well on the way to achieving those goals, along with a quiet confidence that the path you are taking is leading you to where you want to go. It's a place where the old fear, guilt, confusion, and obsession with food has fallen away to reveal a growing sense of freedom from food cravings, destructive patterns rooted the past, and the emotional eating that has held you captive and stuck. Now you can begin to see that you're managing food choices well, have better self-esteem, and know that you can now handle just about any situation that comes your way with sound judgment, clarity, and practical, road-tested tools.

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This is just the beginning of a journey that now requires you to stay the course. Believe me, it can difficult to do it alone, and there are lots of decisions to make along the way. Having support and accountability, as well as a professional who “gets it”, might be the key for you to continue with ease and clarity—and fun. That’s why I invite you to go to www.ChatwithRoberta.com to speak with me one-on-one find out your next best steps to accelerate your results and find out how to personalize plans and blueprints just for you, so you have a map to follow that works in your own life. I don’t want you to fall back into unhealthy patterns that can steal your success.

Feeling great in your body along with knowing that you have me to guide you step- by- step, can be a crucial part of the process. I so want what you have achieved to continue as well as to help you make it a long-lasting lifestyle change that will benefit just about every aspect of your life. I guarantee that you’ll wake up in the morning with renewed energy, purpose, and healthy weight that will allow you to live the life of your dreams now and moving forward. So you can achieve your big “why”, whether it is to have more satisfying relationships, feel more flexible and pain free, healthier, and have more options open to you now that you are feeling and looking positive and radiant.

Thank you for the trust and confidence that you have placed in me, and I look forward to speaking with you very soon.

Roberta

PS Please jump to www.ChatwithRoberta.com for your 17-minute private weight loss/energy session. In just a short time, you’ll come away with some of the possible speedbumps that may get in your way and a blueprint to propel you ahead to continue to get the results that you so desire.