Saturday Morning Ritual

Episode 32: You Said What?



Are you listening to social media and friends and family in regards to weight loss and is what they say true?
After experiencing success, what did you say to yourself? Think back and try and re-play all of thoughts that you had, not just the first initial response.

Belief Exploration

- What are some beliefs you hold about yourself that might be limiting your potential?
- How have these beliefs influenced your behaviors and decisions in the past?

Are there any beliefs you would like to challenge or change to better align with your goals and aspirations?	•



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Positive Affirmations:

- Write down three positive affirmations that resonate with you and reflect your desired self-image.
- How do these affirmations make you feel when you repeat them? What impact do they have on your mindset?

 How can you integrate these affirmations into your daily routine to reinforce positive beliefs about yourself? 	



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