

# *Saturday Morning Ritual*

## *Episode 39: Boredom*



How do you feel about the exercise that is currently in your life? Love it? Look forward to it?

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How would you describe your week same old same old, pretty routine, unusual and fun, scary, hard?

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In what ways can your weight wellness be boring?

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**Pick one that you felt your head nodding to or one that sparked your curiosity.**

**What strategies can you try to overcome this?**

**Beliefs About Food and Eating  
Self-Perception and Identity**

**Motivation and Purpose  
Mindset and Psychological Factors**

**Past Experiences and Habits  
Social Identity and Community  
Goals and Aspirations**

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**What will I do to make weight loss fun and engaging this week?**

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**Notes:**

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