

## HOW TO LOSE WEIGHT FOR THE LAST TIME

### How to Fail Forward

Failing forward is when we use every setback as an opportunity to learn.

If you beat yourself up or allow mistakes or struggles to derail you, that makes it so much harder to lose weight.

Use the following questions to learn from any setbacks. See if you can approach this with compassion and genuine curiosity.

- What did you overeat (or drink)? Be specific. *Ex: 2 chocolate chip cookies.*
- What was going on? *Ex: Around 9pm after a long day at work and a difficult call with my mom.*
- What thoughts caused you to overeat (or drink)? *Ex: I just want to relax. I deserve a treat.*
- What emotions were you trying to soothe (or amplify)? *Ex: tired, frustrated, lonely.*
- The next time you are in a similar situation, how could you handle it differently? *Ex: take a shower after a long day at work before calling my mom, practice the thought "I'm learning to relax without food," or journal to help me process my frustration with my mom. Take a picture or type some notes into your phone to remind you of your plan.*

Every time you answer these questions, you'll get a better idea of what makes you tick and what you still need to work on. Think of every 'fail' as an opportunity to deepen your understanding of yourself – use it to propel you forward instead of holding you back.