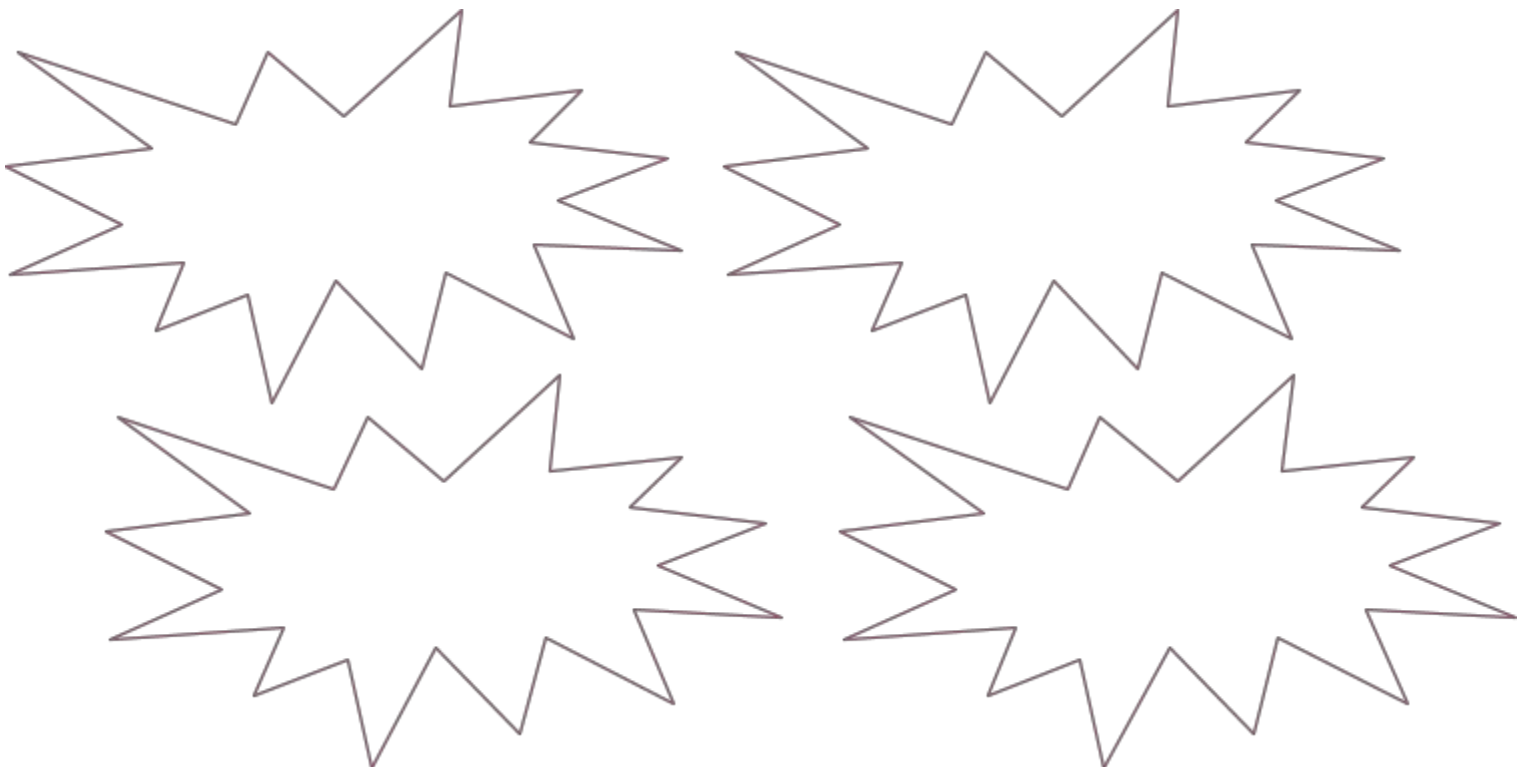


9 Questions to Ask to Stop Being So Tough On Yourself and Start Embracing How Far You've Come

What have you **already changed**, or created a healthier habit around, that you are **proud** of?
Why are you proud of this?

Habit	How Changed	Why Proud of It

In what ways do you feel **empowered** when you hit a health milestone?



9 Questions to Ask to Stop Being So Tough On Yourself and Start Embracing How Far You've Come

What are your **strengths** when it comes to creating a healthier lifestyle for yourself?

What are you **not willing to change yet**? Why? What does this thing/behavior mean to you?
What can you do in the **meantime** while you wait to be ready?

Behavior Not Yet Willing To Change	Why / What It Means To Me	What I Can Do In The Meantime

9 Questions to Ask to Stop Being So Tough On Yourself and Start Embracing How Far You've Come

How are you getting **in your own way**?

How can you step aside and **stop sabotaging yourself**?

In what ways are you **too tough** on yourself? How can you be **more gentle**?

ways I'm too tough on myself

ways I can be more gentle

9 Questions to Ask to Stop Being So Tough On Yourself and Start Embracing How Far You've Come

What **opportunities** do you have in your life to make a change?

What is one, small thing **you can do today** to get you closer to your goal?

9 Questions to Ask to Stop Being So Tough On Yourself and Start Embracing How Far You've Come

What **encouraging words** do you have for someone else on a healthier lifestyle journey?

What encouraging words do you have **for yourself**?