



Lesson 19: Homework

- 1) Write down some of the limits you have imposed upon yourself when it comes to weight loss. (Worksheet 1)
 - a. Having acknowledged what these limits are, write down some things that caused you to put those limits on yourself in the first place.
- 2) Now that you know your “self-imposed” limits (and what caused you to get to that point), write down what you will do the next time that limit or excuse comes up in your mind. (Worksheet 2)
- 3) Continue to follow the Club Reduce nutrition and lifestyle guidelines.
- 4) Download and listen to the Self-Mastery Technology (SMT) session for this week.

Learn it Live it Lose it

Worksheet 1: Understanding Self-Imposed Limits

Write down 5 of the limits you've placed on yourself. Try to figure out why you put these limits on yourself in the first place. Once you understand how your self-imposed limits were formed, it will be easier to free yourself from them!

Self-Imposed Limit #1: _____

Why do I feel this way? What things in my life have led me to believe this way? _____

Self-Imposed Limit #2: _____

Why do I feel this way? What things in my life have led me to believe this way? _____

Self-Imposed Limit #3: _____

Why do I feel this way? What things in my life have led me to believe this way? _____

Self-Imposed Limit #4: _____

Why do I feel this way? What things in my life have led me to believe this way? _____

Self-Imposed Limit #5: _____

Why do I feel this way? What things in my life have led me to believe this way? _____

Worksheet 2: Overcoming Self-Imposed Limits

Now write down what you will do instead of continuing to limit yourself.

Self-Imposed Limit #1: _____

The next time you want to use this excuse, what will you say or do instead? _____

Self-Imposed Limit #2: _____

The next time you want to use this excuse, what will you say or do instead? _____

Self-Imposed Limit #3: _____

The next time you want to use this excuse, what will you say or do instead? _____

Self-Imposed Limit #4: _____

The next time you want to use this excuse, what will you say or do instead? _____

Self-Imposed Limit #5: _____

The next time you want to use this excuse, what will you say or do instead? _____

