

WRITE IT DOWN AND MOVE ON

1. What did you overeat that wasn't on your protocol?
2. Why did you overeat this food? Be very specific.
3. What did you notice?
4. What would've worked better? What else could you have done?



WRITE IT DOWN AND MOVE ON

5. What did you learn?

6. How can you let this go now?

7. How do you want to feel about this moving forward?

8. How will you handle this next time?

