

Your Advantages List

Directions:

1. Write out everything you want to achieve from eating optimally and being in the program. What results do you want? How do you want to feel? Write down below, ALL the reasons eating optimally, improving your health and losing weight is important to you (and why *those* reasons are important to you too) on this document. If you remember our first phone conversation, you openly put your feelings on the table about why you wanted help. Those reasons would most likely be on your "Advantages List" (AL).
2. Answer the additional questions below.
3. Once it's written, you'll read it to yourself *every* morning. The below questions will help you figure out how and when to make that happen.
4. The reason you read this to yourself *every* morning is to ensure that the importance of this lifestyle change is in the forefront of your brain everyday. When this information is more easily recallable by our brains, it'll be easier to maintain your Optimal Eating habits.
5. If you're in Trisha's program, she holds you accountable to reading this everyday (amongst other things). If you're doing this on your own, how can you hold yourself accountable?

1. **What format will you read your AL on every morning? Paper, on your phone?**
2. **Where will you read it every morning? In bed? In the bathroom? At the kitchen table over breakfast?**
3. **When will you read it every morning?**

