



PERSONAL COMPARISON FACT SHEET

| Most "Off-the-Shelf" Diets | Steps to Transform Your Weight 90-Day Intensive Program |
|---|---|
| I'm on nearly the same diet as everyone else that bought this book/video/subscription | This Program is tailored to me and my needs |
| I'm getting a short term "fix" for short-term weight loss | I'm working with my personal Coach to develop a vision for lifetime weight management |
| My mindset is deprivation | My mindset is foods that give me energy |
| I follow a strict list of foods that are "allowed" | I enjoy mindful eating of a wide range of healthy foods |
| I do what the diet plan says | I'm learning to listen to my body's signals around food and movement |
| My eating patterns are difficult to sustain | My eating patterns honor my body's hunger and fullness levels |
| I think to myself: There's always another "diet" | I think to myself: I'm developing a healthy lifestyle that lasts |
| I set myself up for failure with unrealistic goals fueled by unrealistic habits | I set myself up for success with realistic goals fueled by lasting habit change |
| I can't wait to stop—to get "off"—this diet | I am practicing healthy nutrition habit changes that will last me for life |
| I focus on the food, the numbers, and the rules | I focus on life balance to help me manage my stress and my weight |
| I feel bad if the numbers on the scale don't go down at the weigh-in meetings | I am learning how to move myself forward in a positive way to get off a weight-loss plateau |
| Food is the enemy of my body and weight | I am building a healthy relationship between my body and food |
| I have a negative body image based on a number | I have a positive body image based on my truth |