



“To get maximum value from this live virtual workshop, **print this handout** so you will be prepared to take notes on each healthy weight loss secret I reveal during the training!”

- Andréa Albright, Your Healthy Weight Loss Coach  
[www.AmazingBodyNow.com](http://www.AmazingBodyNow.com)

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## Your Important Virtual Workshop Details

Focus: **“Feel Fit & Light” Virtual Workshop - Top 5 Obstacles To Losing Weight** - How To Overcome The Things That Are Preventing You From Losing Weight And Finally Find The **Self-Motivation** To Keep It Off Forever

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## Tips To Get The Most Out Of This Training

1. Print this handout so you can take notes during this virtual workshop.
2. Be open and willing to quickly implement the secrets revealed from this training.
3. Make a deadline to complete at least 3 tips revealed during the training.

My Deadline = \_\_\_\_\_ hours from now.

(Please write down your answers below during this live training)

**“What are the TOP 5 Obstacles To Losing Weight? And What Are The Solutions To Overcome Them Forever?”**

1. \_\_\_\_\_ Eating = eating when you completely lose control of the situation (usually at night) followed by guilt, regret, shame, and negative thinking and emotions about your Self.

What Is The Self? What makes you *whole and completely fulfilled*?

**Physical:** \_\_\_\_\_ and \_\_\_\_\_

Follow the 3C Rule = \_\_\_\_\_ NOT \_\_\_\_\_

Avoid being “Stuffed And \_\_\_\_\_”

**ACTION STEP:** Find \_\_\_\_\_ To Eat “Clean And Zen” = clean foods in a peaceful state of mind and environment.

**Emotional:** More \_\_\_\_\_ = Happy Hormones!

**ACTION STEP:** \_\_\_\_\_ Your Feelings, Build \_\_\_\_\_ Relationships, Daily \_\_\_\_\_

**Mental:** The \_\_\_\_\_ = that voice inside your mind that is always trying to defeat you and Self-sabotage.

**Self-Motivation Exercise:** Write down all the times your “negative voice” starts to sabotage your positive efforts. Write it down in a public or a private forum and **coach yourself** like you were *your own best friend*.

**Spiritual:** Most Powerful Source Of \_\_\_\_\_

\* A connection to a \_\_\_\_\_ beyond our Self.

**ACTION STEP:** Discover what “ignites your human spirit” and \_\_\_\_\_ it with your desire to lose weight and LIVE the healthy lifestyle.

BODY/MIND/HEART/SPIRIT = *whole* Self, fulfillment, peace, JOY, bliss, acceptance, forgiveness, gratitude, and LOVE for ME and MY BODY.

2. The Community That Surrounds You = \_\_\_\_\_,  
\_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_,  
\_\_\_\_\_

**ACTION STEP:** Find a \_\_\_\_\_ of supportive people who are on the health path and going where YOU want to go.

3. Quick Fix \_\_\_\_\_

**ACTION STEP:** Make the \_\_\_\_\_ switch!

4. Body \_\_\_\_\_ / \_\_\_\_\_

Body/Mind/Heart/Spirit are all \_\_\_\_\_ !

**ACTION STEP:** Learn to say “\_\_\_\_\_ My Body!” and *mean it*.  
Find one thing that \_\_\_\_\_ you about your body. Focus on what  
you are \_\_\_\_\_ for right now.

5. No One To \_\_\_\_\_ You

**ACTION STEP:** \_\_\_\_\_ a \_\_\_\_\_ and/or a \_\_\_\_\_ .  
Someone who has been through the journey and can help you to the other  
side.

MY 3 ACTION STEPS:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**BONUS:** Go here to get your virtual workshop “Completion” Bonus:

[www.AmazingBodyNow.com/\\_\\_\\_\\_\\_](http://www.AmazingBodyNow.com/)

***What's Next?...***

If you could have a community on the internet, a daily burst of motivation, a reward system that doesn't involve food, people that accept you and **encourage you**, better control over your cravings, and a proven system for losing weight that will work!... Would you be willing to create it with me?

I need your help. Together We Can Do This!

Feel Fit And *Light* **Virtual Workshop**  
<http://www.AmazingBodyNow.com/5obstacles>