

Roadblock Reflection

Step 1: Reflect on Challenges:

Take a moment to identify and reflect on the challenges and roadblocks you've faced so far on your weight loss journey. Consider both internal and external factors.

Step 2: Root Cause Analysis:

Identify the specific factors contributing to these roadblocks. Determine whether they are within your control and assess their impact on your progress.

Goal	Roadblock	Contributing Factors

Step 3: Strategic Planning:

Develop a clear plan to overcome the identified roadblocks. Break down your goals into actionable steps and set a timeline so you can track your progress.

Goal	Roadblock	Step 1	Step 2	Step 3

Step 4: Implementation of Change:

Implement your changes by adjusting your current behaviours, seeking help from others and mixing things up a bit to keep you excited!

Step 5: Monitor and Adjust:

Still finding it a pain to shift? Think deeper about the problem and redefine or extend your steps

Goal	Roadblock	Step 1	Step 2	Step 3