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Protection Plan Part A

Identify Your Meaningful Matters

What is important, meaningful and matters most to you about your relationship with food?

What is important, meaningful and matters most to you about losing weight?

What is important, meaningful and matters most to you about maintaining a healthy weight?

What is important, meaningful and matters most to you about abstaining from _____?

ASK YOURSELF THIS QUESTION



**Will _____ move me closer to,
or further from what I have said matters to me?**

**MAKE THE NEXT WISE DECISION.
(ask for help/support)**