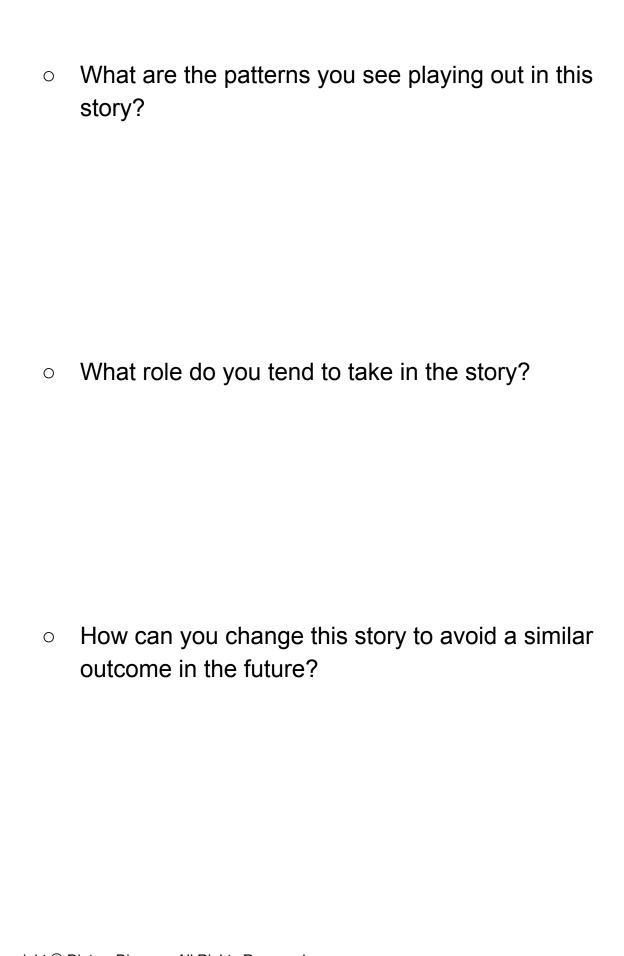
## **AUTHOR YOUR OWN STORY**

•	Think about your future expectations of your identity
	in

- o 6-months
- o 1-year
- What must change for these expectations to play out?

- Complete the following journaling prompt/s:
  - Describe your weight management story throughout your life.



 Now, rewrite your weight management story over the next 6-12 months so that it looks like your ideal plotline.