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Obstacles

Planning ahead is of course the key to success. Most of the time we are planning ahead for our food and our schedule. This exercise is designed to help you anticipate some of the obstacles you might face in the upcoming months and use your prefrontal cortex to come up with solutions that you can use in the moment. Here are some common obstacles:

1. I might feel too busy to plan or meal prep
2. This plan makes me feel deprived and I want to rebel
3. I feel hungry when I get home from work
4. I am impatient with my weight loss
5. Food has been my entertainment, now what do I do?
6. Social situations cause me to feel social anxiety
7. People are commenting on my weight and it makes me feel uncomfortable
8. I've lost weight and now I want to sabotage my progress
9. Sometimes I eat without awareness
10. I struggle with the hunger scale
11. My urge to eat can be strong
12. I love the way food tastes

Come up with your own obstacles or issues and then brainstorm to come up with three ways to help you deal with your struggle. This is completely individual and I want you to focus on what is tough for you. You might feel overwhelmed at first but working through this will give you a framework for how to deal with upcoming speedbumps.

Your Obstacles:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.



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Now come up with at least 3 solutions to these obstacles and put them into practice.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

