

# Momentum Builders

## Series 2: Clear Path Road Map

This checklist is based on the Missing Piece Micro-Coaching Session for “Series 2, Clear Path Road Map, Pitfalls and Tips for Success”. Use it to transform what you have learned into real actionable steps that lead toward long-term success.

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### Momentum Builder #1: Own Your Goals and Shift Away from the Magic Bullet Mentality

*The goal is to focus on a complete transformation of habits, mindset, and relationship with food, rather than just the number on the scale.*

Task	Check
<b>Set an empowering goal:</b> Define a goal that focuses on the habits and mindset I need to develop, not just the scale number.	<input type="checkbox"/>
<b>Reflect on my "why":</b> Identify the deeper purpose of this journey beyond just weight loss.	<input type="checkbox"/>
<b>Write down my deeper purpose</b> and use it as a reminder when feeling stuck or tempted to fall back into old patterns.	<input type="checkbox"/>
<b>Shift my focus:</b> Confirm I am focusing on a complete transformation of my habits, mindset, and relationship with food.	<input type="checkbox"/>

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### Momentum Builder #2: Embrace Your Journey with Mindful Nourishment

*The goal is to recognize that the period of reduced appetite is temporary and maintain nutrition by taking a gentler, consistent approach to eating.*

Task	Check
<b>Prioritize nutrient density:</b> Focus on small nutrient-dense meals or aim for two to three nutritional shakes throughout the day.	<input type="checkbox"/>
<b>Eat regularly:</b> Aim to eat consistently to maintain nutrition, even if it is just a bite of a smoothie or a small portion of a healthy snack.	<input type="checkbox"/>
<b>Start a simple journal:</b> Track what I eat, how I feel physically, and any emotional triggers.	<input type="checkbox"/>
<b>Practice consistency:</b> Celebrate small wins and commit to staying compassionate with myself.	<input type="checkbox"/>
<b>Maintain awareness:</b> Use tracking to stay connected to my body's needs and nourish myself in a manageable way.	<input type="checkbox"/>

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### Momentum Builder #3: Acknowledge Small Wins and Keep Building Forward

*The goal is to use small successes to build momentum and reinforce commitment to long-term goals.*

Task	Check
<b>Reflect and celebrate:</b> Identify one win (big or small) from my journey so far that I can celebrate today (e.g., sticking to a meal plan, improving food quality, or practicing awareness of eating urges).	<input type="checkbox"/>
<b>Document the win:</b> Write down this success.	<input type="checkbox"/>
<b>Commit to consistency:</b> Commit to achieving one new small win each week.	<input type="checkbox"/>
<b>Use wins as fuel:</b> Celebrate the win, share it with a friend, and use it as fuel to keep moving forward.	<input type="checkbox"/>

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## Key Reflection Questions: Journaling Prompts

Use these questions to prompt deeper self-reflection, as recommended in the “wrap up” of the coaching session:

Question	Date Completed
What does a win mean to you?	
How important is it to you to avoid weight loss medication side effects like malnutrition or muscle loss?	
What are you willing to change or let go of to achieve your long-term weight goals?	
(Optional) Come back and re-read these answers in the future to see if you feel the same way.	