

Momentum Builders

Series 3: Beyond Willpower

This checklist is designed to help you implement the material from the "Beyond Willpower Build Lasting Change" series. The focus is on recognizing and disrupting behavior chains now, which is crucial for maintaining progress when hunger cues eventually return after transitioning off medication.

Momentum Builder #1: Reflect on Triggers & Prepare Future Responses

The goal is to recognize old patterns and establish new tools to interrupt them when old habits and hunger cues return in the future.

Task	Check
Action 1: Reflect on past situations where I ate mindlessly or automatically (e.g., during stress, boredom, or social gatherings).	<input type="checkbox"/>
Identify and write down common triggers that previously led to overeating or unhealthy food choices.	<input type="checkbox"/>
Decide on a new tool to interrupt these patterns (e.g., the "yell stop" technique , breathing exercises, or physically walking away from the trigger).	<input type="checkbox"/>
Mentally play out a future scenario as vividly as possible, seeing myself experiencing the trigger and then successfully handling it using my new tool.	<input type="checkbox"/>

Momentum Builder #2: Strengthen Your Mind-Body Connection for Long-Term Control

The goal is to become more attuned to signals (like stress, fatigue, or emotions) that trigger automatic eating, even when appetite is suppressed, to break the chain before it begins.

Task	Check
Action 2: Set aside time each day to tune into how my body feels.	<input type="checkbox"/>
Sit somewhere comfortable and quiet, and do a body scan, checking in with physical sensations (e.g., am I feeling tense, tired, or restless?).	<input type="checkbox"/>
Ask how these physical or emotional sensations might influence my food choices or trigger past eating habits.	<input type="checkbox"/>
Commit to practicing this daily check-in to build a powerful tool for managing non-hunger-related triggers.	<input type="checkbox"/>

Momentum Builder #3: Adjust Your Environment to Support Long-Term Change

The goal is to proactively modify surroundings now to develop mindful habits that will help handle future triggers.

Task	Check
Action 3: Identify one environmental trigger from my past (e.g., the sight of certain foods at home or entering a cluttered space).	<input type="checkbox"/>
If food temptations are the trigger: Store snacks out of sight or keep healthier options front and center .	<input type="checkbox"/>
If an overwhelming/cluttered space is the trigger: Make clearing this space a priority, but start small by tackling one shelf or one corner first.	<input type="checkbox"/>
Remember that adjusting the environment now sets me up for future success when hunger cues return.	<input type="checkbox"/>

Key Takeaways for Long-Term Success

- Remember, the work you are doing now, reflecting on and adjusting behavior chains, is preparing you for the future, long after you stop taking weight loss medications.
- The path to lasting change is **not about willpower**, but about making small, consistent changes in how you respond to triggers.
- Focus on **progress over perfection**. Every time you reflect on past behaviors and make a new choice, you are **rewiring your habits**.