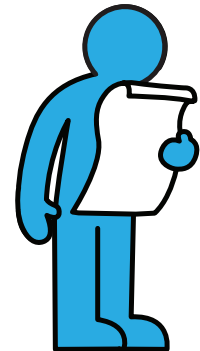


# Support and wellbeing

## Reflecting on how you feel

- Take time to think about your feelings and emotions. Writing these down may help.
- Are these positive, negative or neutral?
- How often do you feel negative emotions and are there common triggers?
- When do you feel more positive and what helps with this?
- How does your mood effect your weight loss plan?
- How many hours do you sleep and is it disturbed, light or deep?



## Rate your motivation and confidence

How motivated am I with my weight loss plan?



How can you increase your motivation? You do not need to aim for a 10 - if you scored 6 then think about what you need to do to get to 7 or 8.

## Getting the support you need

