


21 WEIGHT LOSS

Designed to make you think. **THINK THIN.**

COACHING QUESTIONS



The QUESTIONS
are more important
than the answers.

~ Janice Taylor

JANICE TAYLOR, LIFE & WELLNESS COACH

21 WEIGHT LOSS COACHING QUESTIONS ... designed to make you THINK. THINK THIN.

The uncreative mind can spot wrong answers, but it takes a very creative mind to spot wrong questions." ~ Anthony Jay

Because questions have the power to direct you, it is important to ask a question that sends you in the right direction. The right kind of question, or a 'good' question, can lead you to success vs. the wrong kind of question, or 'bad' question that can send you spinning into the 'fatty abyss.'

Whatever question you might toss to your brain, it will answer. Your brain is hardwired to seek an answer, even if your answer is "I don't know."

Here, Janice asks the right

questions, the good questions, the questions that create change!

Some questions have a bias toward the negative – i.e. "Why do I always fail?" When asked this type of question, your brain is likely to seek out past experiences that support the idea that you do always fail and your brain may even take it a step farther and deem you 'a failure.' In addition, the question implies that you always 'fail,' which is of course not true.

A better question to ask could be, "What can I do to move forward?" Or - "How can I better create success?" Both questions are a catalyst that can help you move toward your compelling future.

You can now see that you are in control of your brain; in control of your thoughts. It's really quite simple (not necessarily easy). All you need to do is start listening to your thoughts, and when you hear a question that tends toward the negative, use your veto power and ask something positive!

If you want to permanently remove your excess weight, or - for that matter – succeed in anything, then you need to ask yourself questions that empower you rather than limit!

"We accept many notions because they seem to be the logical answers to our questions. But have we asked the right questions?" ~ Harold L. Klawans

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from Janice Taylor, Life & Wellness Coach,
Cert. Hypnotist, Author, Artist

Question #1: What will losing weight give you
that you wouldn't otherwise have

Question #2: What's your magic number? The
number that you believe to be THE number that
will change everything? The number that will
make you whole and complete?



Question #3: What is
weighing you down? What are you putting up
with? What are you tolerating? What is getting
in your 'weigh' of you weighing **your** number?

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Weight Loss Expert
Hypnotist
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Artist

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CONTACT INFO:

janice@OurLadyofWeightLoss.com
917-312-0005

www.OurLadyofWeightLoss.com

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Question #4: Imagine ... What if your current challenge was no longer a problem and you were free to live a life you love?

Question #5: What will you do when you reach your 'magic' number?



Question #6: What happens when you imagine yourself at your ideal weight?

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Question #7: Just how much happiness can
you stand?

Question #8: If you had to teach me how to
permanently let go of my excess weight, how
would you do it?



Question #9: How do you
stop yourself? What stops you?

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Question #10: Are you willing to go to any
length to 'let go' of your excess weight? Really?
Details, please?

Question #11: What would happen if you did
'live healthy?'



Question #12: What would
happen if you didn't live healthy?

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Question #13: How often do you think about
food, weight loss and/or the number on the
'scales of injustice?'

Question #14: What's the worst thing about
being 'fat?'



Question #15: How will
losing weight affect the wider system to which
you belong? (Your family, friends, work
environment?)

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Question #16: Is there anything that you might
lose as a result of reaching your goal weight?

Question #17: What's important to you about
losing weight?



Question #18: What would
it mean if you were not 'worried' (concerned)
about your weight?

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Question #19: If you were no longer concerned about your weight or food or the scale, what would you think about?

Question #20: How do you manage to stay fat? What's your stay fat strategy?



Question #21: How specifically (God is in the details) are you going to make changes?

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