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Does God Care about what I weigh?



TRUTH: God cares about being fully united with you.

TRUTH: Aspects related to weight and body image can prevent you from being as close as possible to Him here on Earth.

Weight Loss HIS Way can help you if....

- **Your self-consciousness about your weight is straining your closest relationships (e.g., your relationship with your husband, family, and/or friends are affected whether from avoiding social situations or from increased irritability about how you look).**
- **You seek comfort in food (rather than God) when stressed, sad, overwhelmed, etc., causing excess weight.**
- **Your weight is affecting the way you talk to yourself (e.g., shaming, being overly critical, focusing on the negative)**
- **Your weight is draining your physical or emotional energy because you're frequently thinking about it.**

WEIGHT LOSS HIS WAY

Truth #1
Eating foods you
love = results

Truth #2:
You can't do it
wrong.

Truth #3:
Saves time and
energy

TODAY'S PLAN / ATTEMPT / "BEST GUESS"

1. Plan an "easy to stick to" Meal Plan
(write in the space below)

2. Ask:

- Is this easy to stick to?
- If not, what needs to be adjusted?

3. At the end of the day, ask, did I make changes?

Y N

(If yes, was it due to:

1. planning "should" or chaos-causing foods
2. something that needs to be address (mindset or obstacle)
3. a minor-unimportant reason (discuss on the back of this page)

4. Things to keep in mind for tomorrow: