



Welcome to Week 5 of your weight loss journey!

As you're probably beginning to see, your journey is about two simple things:

- 1) Making different lifestyle choices.
- 2) Continuing to make different lifestyle choices.

Just about everyone can do the first one, and just about everyone has trouble with the second one. The reason why? In a word: habits.

Whatever forms them in the first place, habits comprise a big part of our days and weeks, and even make up much of our personality. Our morning routine, our favorite hangouts, and our favorite foods and beverages – these are all habits, and the key to successful weight loss lies in knowing which ones to keep and which ones to lose.

Take some time this week to list a few things that you'd like to be doing, but aren't doing yet. Then take just two or three of them and turn them into 21-day habits. A few examples might be:

- Journaling (a very good choice)
- Eating a healthy, low-GI breakfast
- Prepping tomorrow's meals
- Counting up your protein and fiber for the day
- Going for a 20-minute walk or run each morning or evening

From those who have tried it, the response is unanimous: this works. We're betting that by Day 22, you'll be running on autopilot, doing each of these things daily, and without feeling like you're making any special effort – by then, you won't be!

Remember that no matter how long it may seem, every journey is just a series of accumulated steps. Choosing the right ones to take is important, but simply taking them is what matters most!