

FREE COMPANION WORKBOOK

The Natural Weight Loss Pre-Planning Guide

6 Questions to Ask Before Making a Plan

Creating a natural weight loss program that works with you, not against you

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Your Roadmap

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Smart Tip

Answer these questions before you make your big plan. Be honest. Each question has space for answers. Extra blank pages are included. Print as many as you need.

WELCOME

Building Your Foundation

Welcome to your natural weight loss plan! We're here to do a little pre-planning.

Are you excited? You've made a big choice, a really big choice!! Choosing natural weight loss means taking responsibility and control of your health. So please take a moment to pat yourself on the back, look in a mirror and say thank you, jump around the room doing the dance of joy, or all three if you feel like it. You deserve to celebrate this choice.

You've set a big goal for yourself. You're about to start making some of the biggest changes of your life. As with any big goal or big change, you need a plan.

But before you can make your big, natural weight loss plan — before you decide what food you'll eat or what exercises you'll do — you need to know what kind of weight loser you are.

That's where these 6 questions can help. Your answers will help you decide how best to plan your natural weight loss adventure. Let these questions form the foundation you stand on as you move towards your new life.

My goal is to help you reach your goal a little faster, a little easier, and with a little less aggravation. I've lost 190 pounds naturally, and I want to share with you all the little things, as well as the big things, that have helped me along the way.

Smart Tip

Start a folder for your natural weight loss adventure. Add these pages and your answers to your new folder. Refer back as needed.

Kitchen Sink or One-Thing-at-a-Time?

Kitchen Sink people throw everything they can think of at an issue, all at once. They rarely know exactly what worked, but their focus is simple: has the issue improved or not?

Both approaches have plusses and minuses. The most effective path to your natural weight loss goals is probably somewhere in the middle — but it's important to know how **you** operate, so you can build a plan that works with your personality, not against it.

MY NOTES — WHICH ONE AM I? HOW COULD IT AFFECT MY PLAN?

How Do You Learn Best?

03

Who Do You Trust to Teach You?

There are so many options! Ask yourself: where will you find the information you need for your plan? Who's information do you trust?

- Your friends or family
- An established program group, like Weight Watchers or Overeaters Anonymous
- Recognized weight loss experts — who speaks to you?
- The medical industry: your doctor, a nutritionist, a weight loss clinic
- Government agencies and recommendations
- Someone like me, who's already reached their goal

Make a list of who you already follow and trust. Make a second list of sources you'd like to investigate further. Does their work resonate? If yes, add them to your trusted list. Remember: this is about quality, not quantity. 3-5 trusted sources that can help but not overwhelm you.

Using AI

AI can be a wonderful research tool — I use it often. But it can give wrong answers or outdated information. Use AI as a place to start, BUT always go to the sources, check the results and make sure it's from a source you trust.

MY TRUSTED SOURCES

04

Is in Your Support System Ready?

Natural weight loss is wonderful. It's fun. It's effective. It feels good. But not every day will be sunshine and rainbows — darn it. For the days you're feeling less than euphoric, who will you reach out to? Know where you'll turn *before* you need it. Make two lists. One for people who already support you, and one for supporters you'd like to bring onboard. Make sure you let everyone know so they're ready to help if needed.

Already in My Corner

~People & groups who've already supported me~

Potential Supporters

~People & groups you'd like to rely on

Smart Tip

Take a deep breath and reach out. Make the call, send the text or email. Tell them what you're about to do. Ask if they'd be on your support list. They love you and want to help.

Are You Ready to Take Responsibility?

AM I READY? WHY OR WHY NOT?

YOUR FOUNDATION

Spend Time Here First

These are the six questions I recommend you ask yourself before beginning your natural weight loss adventure. Spend real time with them — don't rush. These questions can become the foundation you stand on for this big journey, this big change, that you're dreaming of. Every plan you build after this — your food choices, your movement, your daily habits — will be stronger because you took the time to understand yourself first.

01 Kitchen Sink or One Thing at a Time?

02 How do you learn best?

03 Who do you trust to teach you?

04 Is your support system ready?

05 Do you believe you can lose weight?

06 Are you ready to take responsibility?

FINAL THOUGHTS & REFLECTIONS

Notes

Notes

Notes

ABOUT THE AUTHOR

Hi, I'm Michelle Cronk

I lost 190 pounds using only tools provided by nature — no pills, no injections, no surgery.

I've created this guide, ***Natural Weight Loss Planning - the Pre-Plan***, to help you begin your natural weight loss adventure. I know you're eager to get started but making a plan gives you a road map to your goal. It may change along the way but it will make your journey easier and less stressful.

I believe natural weight loss works best when your plan is built around who you actually are, not a one-size-fits-all program.

If this guide helped you think differently about your approach, I'd love to hear from you. Leave your questions in the comments — I answer every one.

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