



## What you'll get with your Discovery Call

*Most of all, it's your time and there's no set agenda. We can discuss whatever is holding you back from feeling healthy and balanced. Other possible topics to explore might include ...*

Ideas about how to stop self-sabotaging your weight loss efforts

Ideas for ways to curb late-night eating

Tips for overcoming excuses for skipping workouts

Ideas for taming sugar cravings

*As a thanks for connecting, I'll can share a free tip sheet:*

7 Ways to Tame Emotional Eating & Start Making Peace with Food

or

9 Ways to Get and Stay Physically Active