

# THE LAST 10<sup>TM</sup>

## Method Workbook

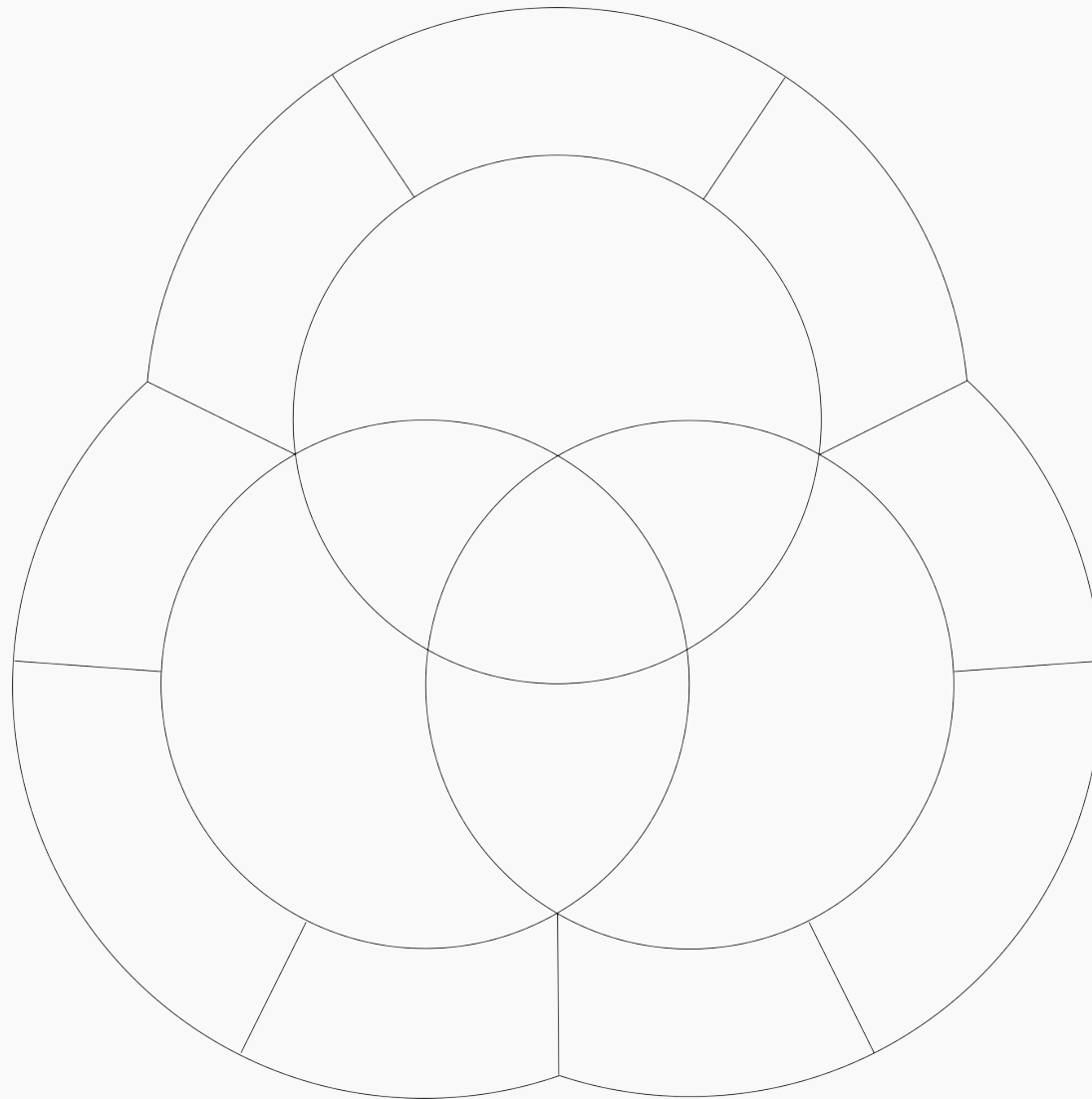
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Results you love, defined by you.

*the last 10. simple. permanent. deprivation-free.*



# THE LAST 10™ METHOD [framework]



### mistake #1

\_\_\_\_\_ is the problem. \_\_\_\_\_ is the solution.

correction #1

\_\_\_\_\_ is NOT the problem or the solution.

### mistake #2

Successful weight loss is about \_\_\_\_\_ , \_\_\_\_\_ , \_\_\_\_\_ .

correction #2

Successful weight loss is about \_\_\_\_\_ & \_\_\_\_\_ , without \_\_\_\_\_ or \_\_\_\_\_ .

### mistake #3

You only get to \_\_\_\_\_ OR \_\_\_\_\_ .

You can only \_\_\_\_\_ OR \_\_\_\_\_ .

correction #3

\_\_\_\_\_ .

## #1

What result do I want? (aka what is my goal...)

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## #2

What I've been doing isn't working so what am I willing to do different?

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## #3

Pick at least **one** thing you're willing to do different:

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# NOTES

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