

# SUCCESS STORY QUESTIONS

1. What moment or experience encouraged you to take action?

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2. What is the most significant change you've made (toughest habit to break)?

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3. How did EWLW principles help you ... and which tip or "secret" helped you the most?

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4. What kind of support did you get from co-workers, friends, family?

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5. What would you say to someone to help them get started?

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## TIP!

Check out the book "Mindless Eating" by Brian Wansink for more ways to trick yourself into eating better.

eat well. live well.  
*challenge*