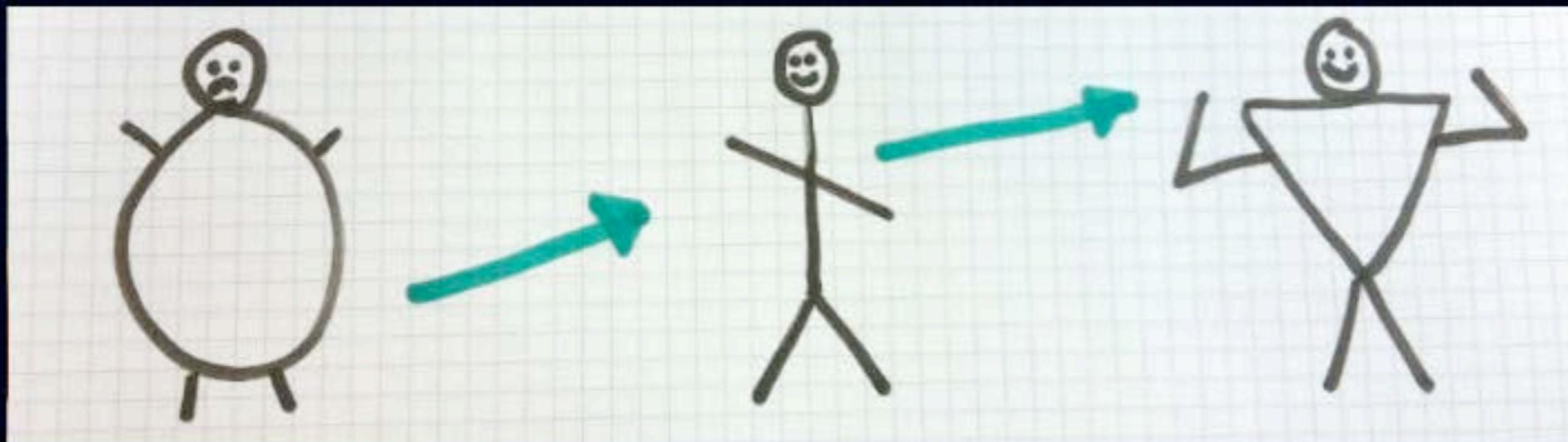


How I lost 200lb+

(by making small changes guided by self-reflection)



2008

435lb

198kg

31-st

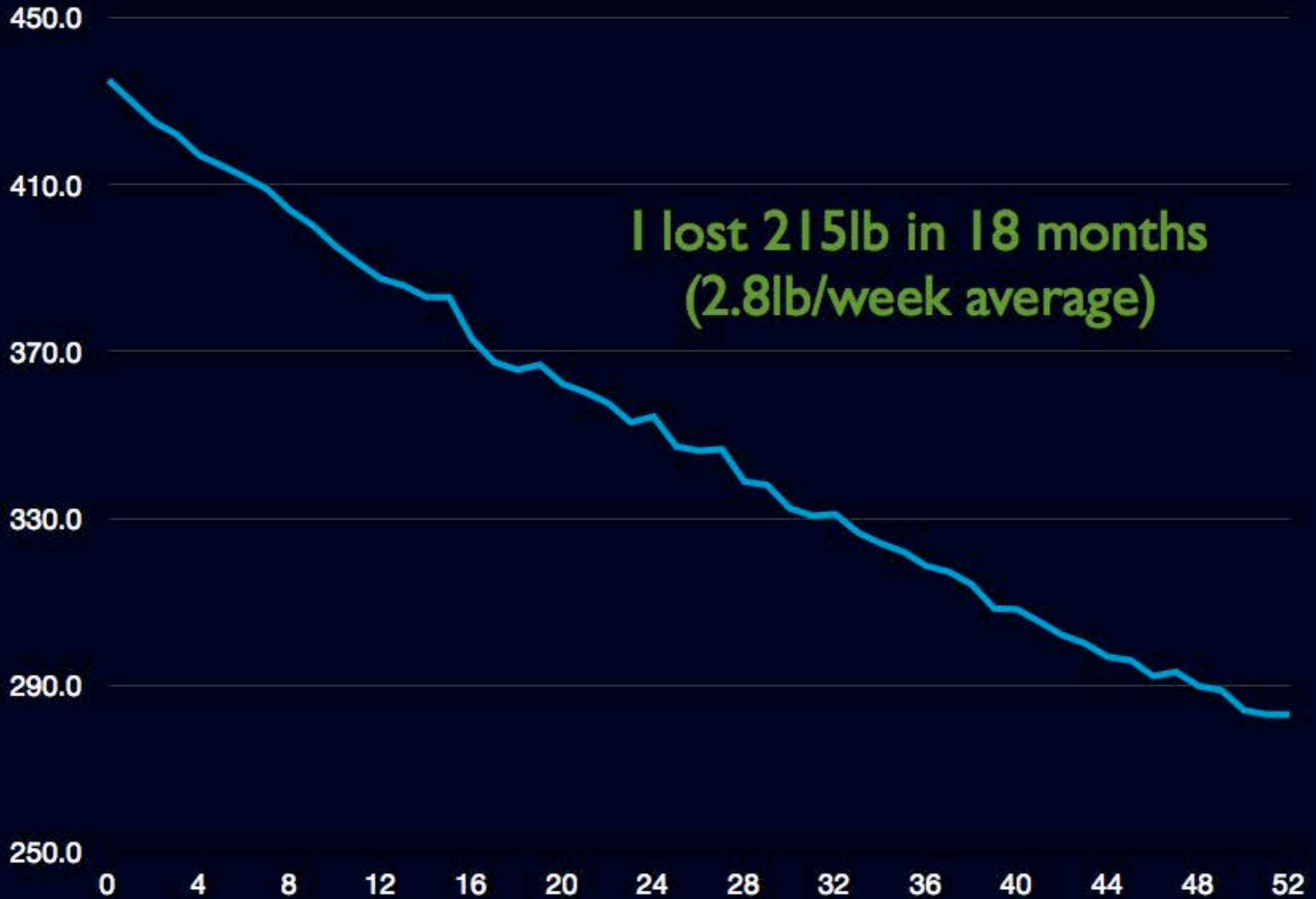


**I know what a healthy diet is.
But how do I change?**

I made a small change.

**Kept it up.
My diet and lifestyle evolved.**

Weekly Weight-loss Year 1



Blog

Feedback loops: weight + self-reflection

Accountability

Motivation

Change is hard.

Jiggly Man Boobs

Hard → Easy → Habitual

Redefine normal

Setup a blog

Make small changes

Figure out why you fail

Make it easier

Redefine your normal

**This worked for me.
What about others?**

@a_rich_life

www.arichlife.me