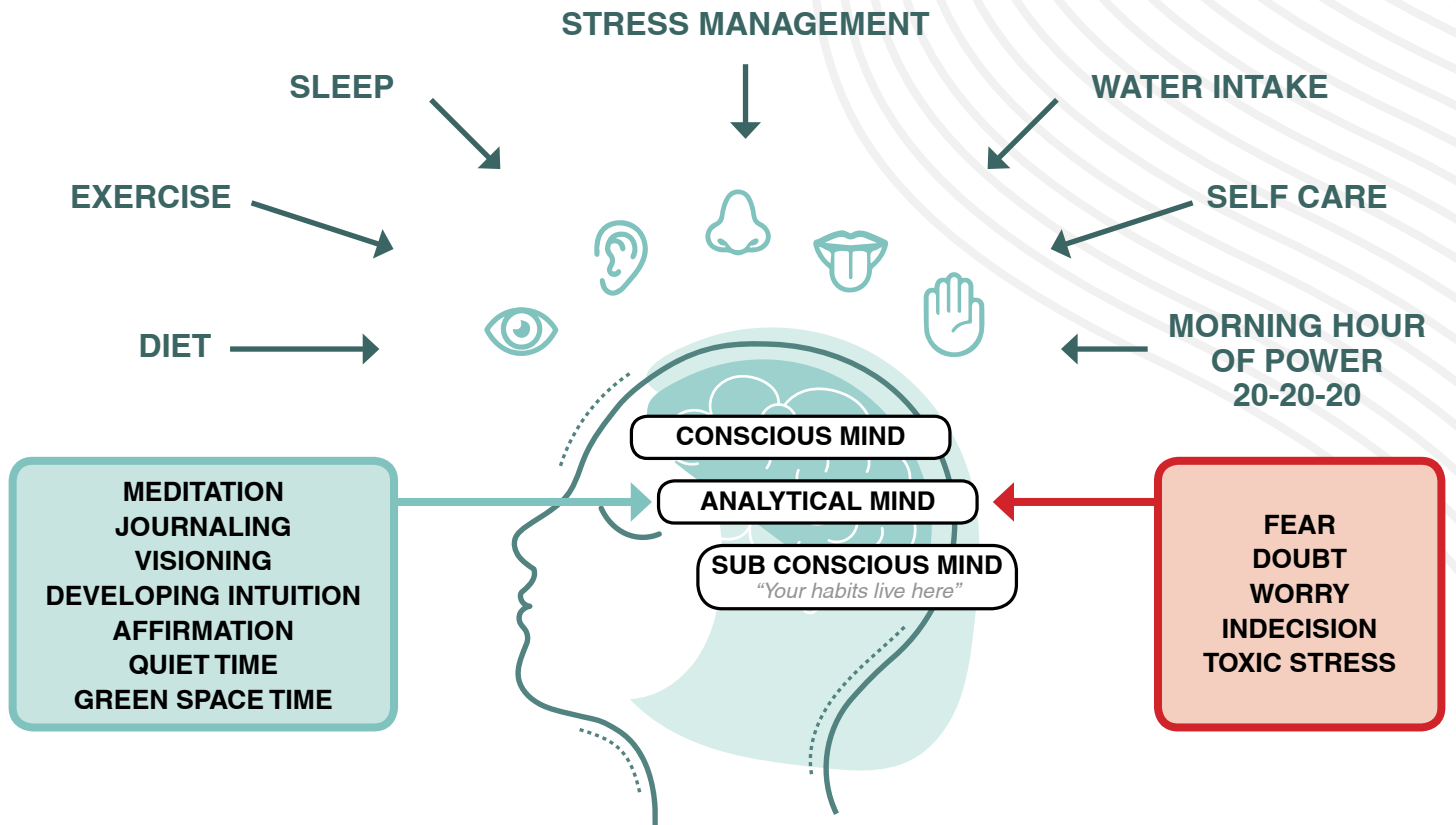
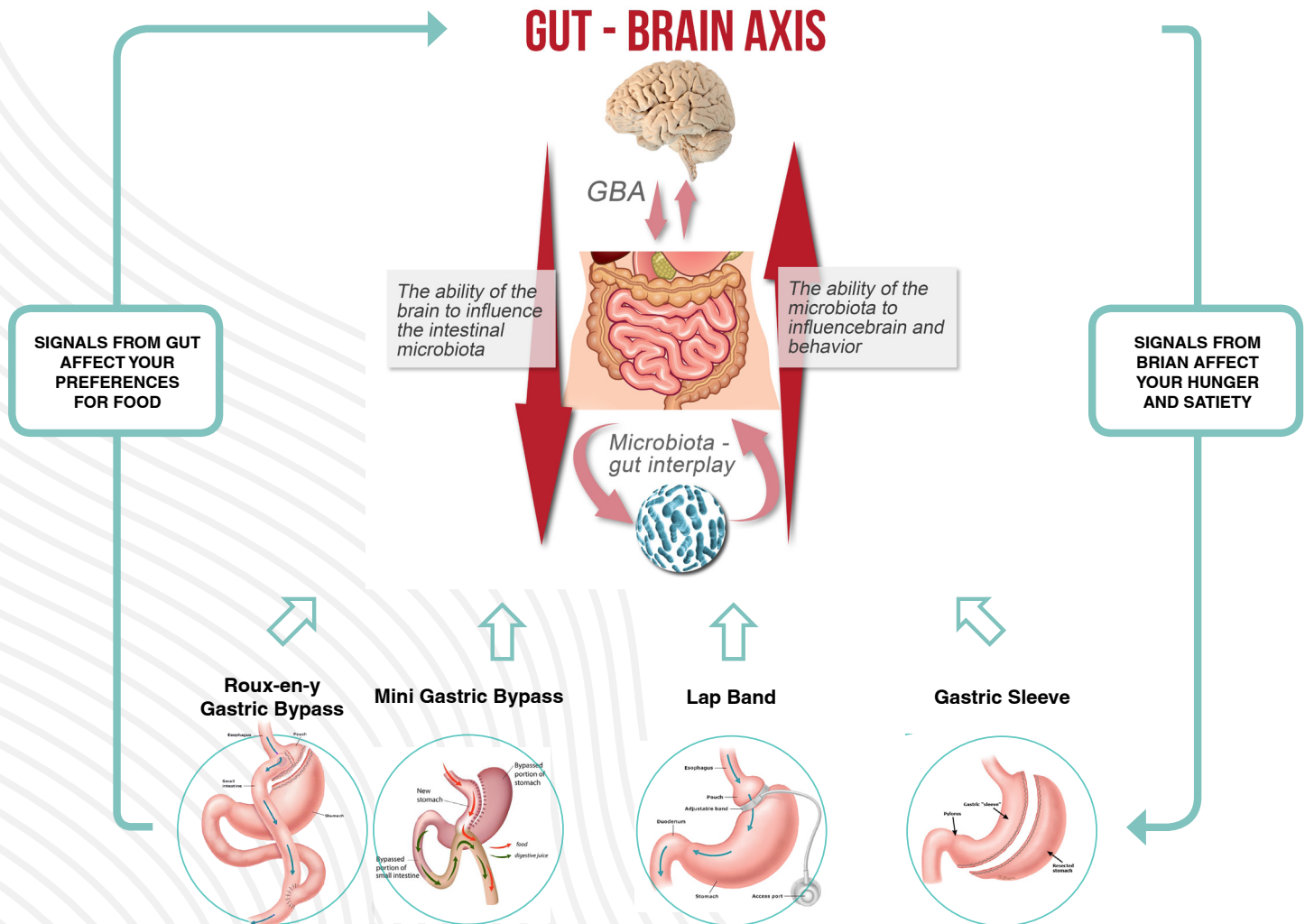


CREATING LASTING BEHAVIOURAL CHANGE WITH WEIGHT LOSS SURGERY



GUT - BRAIN AXIS



CIRCLE OF LIFE - 7 areas of a fulfilled life

In the space provided, write down the vision you hold for yourself for each area

CONTRIBUTION

SPIRITUAL HEALTH

SOCIAL & FAMILY (Relationships)

VOCATION (Work)

FINANCIAL HEALTH

MENTAL HEALTH

PHYSICAL HEALTH

“Don’t wait for your feelings to change to take action. TAKE THE ACTION and your feelings will change.”