

## YOUR PERSONAL GABRIEL CODE WEBINAR GUIDE

Want to understand Jon's method  
and uncover your Fat Triggers?

Use this guide to organize your  
thoughts and answer questions as  
you watch the webinar.



### What time is your webinar?

Write it down here to remember when to tune in:



### Make sure you take this test!

[www.gabrielcode.com/online/what-are-your-fat-triggers](http://www.gabrielcode.com/online/what-are-your-fat-triggers)

Answer these questions as you follow the webinar to make your experience more meaningful and personal

1. After many years of dieting, Jon realized that when you diet, it actually makes your body want to be \_\_\_\_\_

\_\_\_\_\_

2. Stress triggers get your body in to \_\_\_\_\_ mode.

3. What types of hormonal changes happen when stress occurs in your body?

\_\_\_\_\_

\_\_\_\_\_

4. Obesity **can / cannot** be ascribed to a breakdown in willpower.

5. There are both good fats and bad fats: **True / False**.

6. Is obesity caused by starvation (nutritional famine)? **Yes / No**.

If so, *why*?

\_\_\_\_\_

\_\_\_\_\_

7. What are the 9 main Fat Triggers?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

8. What are the 2 most important fat trigger types?

- \_\_\_\_\_
- \_\_\_\_\_

9. Why are these two key fat triggers the most important?

\_\_\_\_\_

10. What is emotional obesity?

\_\_\_\_\_

11. Do you have any limiting beliefs that you can't lose weight?

\_\_\_\_\_

\_\_\_\_\_

12. Most people have \_\_\_\_\_ total # of fat triggers.

13. Some people have a \_\_\_\_\_ pre-disposition for certain fat triggers.

14. Nourish your \_\_\_\_\_ and your \_\_\_\_\_ and you will crave healthy foods and speed up your metabolism. All without diets.

15. What were the two realizations Ashley had during her private session with Jon?

- \_\_\_\_\_

- \_\_\_\_\_

16. How did you feel during your visualization session with Jon? Write down any thoughts:

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17. What does "Gabrielize" your food mean?

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