

WHAT IS MY "WHY"?

DISCOVER YOUR WHYS FOR GETTING RID OF EXCESS WEIGHT.

- WRITE AS MANY AS POSSIBLE, AND THEY WILL CHANGE FROM TIME TO TIME.
- MAKE YOUR LIST POSITIVE, OUTLINING WHAT YOU TRULY WANT (INSTEAD OF WHAT YOU DO NOT WANT).
- CREATE AT LEAST 20 POSITIVE REASONS TO LOSE WEIGHT (5 FOR EACH CATEGORY).

HEALTH & FITNESS (how I want to be healthier, stronger, etc.)

PHYSICAL APPEARANCE (how I look in mirror, feel in clothes, etc.)

FAMILY & FRIENDS (activities, social events, trips, etc.)

COMFORT & GOALS (restaurant booths, airplane seats, prove I can do it, etc.)

OTHER REASONS: