

KNOWING YOUR WHY

Worksheet

Doing an honest evaluation to determine your motivation for losing weight is a critical step in your weight loss journey. The inspiration for losing weight varies from individual to individual, and it's essential to determine what is driving you. Doing so will inspire you to overcome the inevitable obstacles and make you much less likely to fall back into your old habits.

QUESTIONS TO HELP YOU DETERMINE YOUR "WHY"

1. What are your top 3 reasons for wanting to lose weight?
2. How will you feel when you have lost this weight?
3. Why do you want to feel this way?
4. When you finally reach your goal, what will happen next? How will life be different?
5. How will you feel if nothing changes? What will you miss out on?

MY WHY STATEMENT

I am losing weight _____

AFFIRMATIONS

- I am committed to learning and making a complete and lasting lifestyle change.
- I am ready to make the necessary changes to create the results I want.
- I am done letting my weight control me.
- I am prepared to change what I put in my shopping cart, pantry, and body.
- I am ready to lose weight and participate in the Ideal Wellness program.
- I am a priority in my own life.
- I am excited to start my journey.

READ MORE ABOUT THE IMPORTANCE OF KNOWING YOUR WHY

shiftsetgo.com/surprising-reasons-knowing-your-why-can-boost-weight-loss/