



REASONS I WANT TO LOSE WEIGHT

Please list 12 reasons you want to lose weight.

While this may seem obvious, take some time and really think about this. Identify personal goals, who you are losing weight for, what outcomes you'd like to come from your weight loss.

Many people find motivation in **AVOIDING** things, such as "I want to avoid diabetes." Others find motivation in **ACHIEVING** things, such as "I want 6-pack abs" or "I want to wear a size 10 dress again." Try to think about this, because most of us aren't in tune to what really makes us tick. Are you wanting pleasure (achievement)? Or, are you avoiding pain (negative health/social consequences)?

While you may not be entirely one or the other, identifying this can help you focus your motivations. For example, if you want to achieve that size 10 dress size, maybe you go buy a very inexpensive size 10 dress and have it hanging front and center in your closet.

You can even start your sentences with "I want to..." or "I want to avoid...". Don't forget your emotions and feelings. "I don't like feeling..." or "I want to feel..."

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.