

10 Reasons WHY I Want to Lose Weight

Think for a minute about all the reasons **why** you want to lose weight. Are you prompted by immediate goals such as feeling better or wearing certain clothes?

Maybe you're hoping your back pain or high blood pressure will improve as your weight goes down. Perhaps you want to set a healthier example for your children.

In the space below, create a list of at least 10 reasons why you want to lose weight and maintain your success. Call this your "Inspiration list." Keep these motivating reasons handy where you can refer to them often.

- Tape copies of this list to your mirror and your refrigerator.
- Write your list on a small card and carry it with you.
- Read your list daily for at least the first week or two of this program.

Any time you feel discouraged or tempted to give up, read the list again. Remind yourself of the outcomes you desire, and use this powerful mental image to help you stay on track.

10 Reasons Why I Want to Reach My Goal Weight and Maintain It

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

10 More Reasons

Challenge yourself: Once you complete your list of ten reasons, dig deeper and come up with ten MORE. Use the back of this page to write your additional list. On days you feel your motivation slipping, pull out both lists and read them several times.